SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 17

OTTAWA metro®
NEWS WORTH SHARING.

BIEBER FREE
LIVE 88.5 FM

HARBOURING NO SECRETS

EMOTIVE INDIE-FOLK SINGER HER HARBOUR PUSHED HERSELF TO BE HONEST ON DEBUT EP WINTER'S GHOSTS

PAGE 14

Garment factory collapse kills 145

Joe Fresh and other brands produced at factory; activist says Bangladesh buildings not to be trusted

PAGE 8

OSSC
OTTAWA SPORT & SOCIAL CLUB
RECESS FOR ADULTS ... JUST PLAY.
Don't Dodge Adult Summer Sports!
Visit OSSC.ca

Arrests in alleged teen pimping case took weeks

Why the delay? Five more teens allegedly affected despite initial complaint by parent

GRAHAM LANKTREE
graham.lanktree@metronews.ca

A disturbing fact has become apparent in the trial of three accused teen pimps: After the first alleged victim complained to police it took cops almost three weeks to make an arrest.

In the meantime, the girls are alleged to have pimped out two other teens and sexually assaulted three more.

As the first alleged victim in the case took the stand this week, the 18-year-old told the court the first john she met the night of May 18, 2012, when she was 17, made her dress up in a pink bikini with gold leggings before he had sex with her without a condom against her will.

She was scared, but went along with it after being told by two of the accused she couldn't "f— them over," after the two dressed her up in heavy makeup and lingerie and took naked photos of her that they sent to johns.

Last week, the girl's mother testified how the very next day police took a written statement from her about what happened after she heard the story from her daughter.

The following week on May 25, police recorded a video interview with the alleged victim.

Police had the accused girls' names, addresses and copies of Facebook messages between them and the alleged victim.

Yet a second girl was allegedly victimized by all three accused some five days later.

That girl, according to Crown attorneys, was robbed and forced into a car and brought to three different johns before she finally made it home and her mom called 911.

"Unfortunately, we're not going to talk about any aspect of the case while it's before the courts," said police spokesman Const. Marc Soucy, when asked for more information about the reasons behind the holdup in arresting the accused girls.

Two more victims were allegedly assaulted and photographed naked on June 1 when, court heard, one of the accused tweeted: "Ain't no problems like ho problems. I got ho problems."

A fifth girl says she was similarly assaulted on June 3 and a sixth victim came forward as well. The details of her ordeal have not been revealed yet at trial.

Ultimately two of the accused teen pimps were arrested on June 8 and June 9, 2012. Reasons for the delay may yet emerge at trial as more evidence is revealed.

The trial was adjourned Wednesday because one of the accused girls was said to be ill.

Follow Graham Lanktree on Twitter @MetroGraham

MAE BIG MAMA'S SPIRIT KEEP SINGING

Actress Jackie Richardson takes up the songs of blues legend Willie Mae Thornton during a lunchtime performance at the corner of Elgin and Queen streets, promoting Big Mama: The Willie Mae Thornton Story. For more, turn to page 6. GRAHAM LANKTREE/METRO

{ask harry

Q Can I get a good-quality suit for around $1,000?

A: Absolutely! We have many options to show you, including excellent suits from Hugo Boss and Canadian-made, Montreal-based J. P. Tilford by Samuelsohn, both starting from $998. Z Zegna is another great possibility, starting at $1,098. While they all offer a slim, contemporary silhouette, each label has its **own distinctive style** in terms of cut, tailoring detail and fabric selection.

Which one is right for you? The only way to tell is to come into the store, talk to one of our clothing advisors (they're all tailored clothing experts) and "**test drive**" the suits. Together, you'll be able to see which one makes you look the way you want to look. Then our **in-house tailors** will make the final adjustments. We'll also explain some of the unique advantages of the Harry Rosen service, such as our Complimentary Alterations Policy and the Maintenance Guarantee we offer for the lifetime of the garment.

Of course, we also carry a number of other collections including Canali, Ermenegildo Zegna, Tom Ford, Brioni and many more. Or if it turns out that off-the-rack garments don't suit you (if you're a hockey player, for example, and have very built-up thighs) we have a full made-to-measure service and we can tailor a suit specifically to your body.

It all starts with that first conversation with your clothing advisor. If you'd like me to make the introduction, just email me at larryrosen@harryrosen.com with a brief description of your needs and I'll happily find you someone eminently suitable. It will be my pleasure to welcome you to the Harry Rosen experience.

Boss Hugo Boss

Suits starting from ***$998***

Z Zegna

Suits starting from ***$1,098***

J. P. Tilford by Samuelsohn

Suits starting from ***$998***

LIFETIME MAINTENANCE - A SUITABLE GUARANTEE

Garments crafted to last a lifetime are bound to require an alteration here or there over time. Should you require tailoring due to weight loss or – perish the thought – gain, we'll make necessary adjustments for you to a maximum of one size up or down, at no charge. A button replaced, a seam fixed or other minor repairs? These are also gratis. In either case, bring the piece to any of our stores. Health regulations require that you have the garment dry-cleaned before bringing it in for either of these services. Our professional tailors will attend to it as quickly as possible – and do let us know if you're in a rush.

Experience shopping for a suit through our video at **harryrosen.com**

HARRY ROSEN

HARRYROSEN.COM

RIDEAU CENTRE **613.230.7232**

Toyota dream car contest

Ottawa kids know how to ride

The World of Bubble Ball Cars, by Giorgio Manasseri METRO

Two Ottawa kids were among the nine Canadian winners of the Toyota Dream Car Art Contest. Giorgio Manasseri, 7, and Harini Ratnavel, 14, won tablets for their drawings on the topic "What should a car be?" The global contest winners will be honoured in Japan in August.

STEVE COLLINS/FOR METRO

Walmart

Men who carted away goods wanted

Police want help ID'ing two men in the security image. HANDOUT

Two men who allegedly gave themselves a five-finger discount on a cart of groceries at Walmart are being sought by police. Police said in a news release that on Feb. 1 they were called to investigate when two men allegedly put household items and meat in a cart before leaving the 450 Terminal Ave. Walmart without paying. Anyone with information is asked to contact 613-236-1222 extension 3566 or Crime Stoppers. METRO

Glebe Annex dwellers slam city's deal with developer

Glebe Annex residents are fuming after discovering city planners gave a developer a 70 per cent break on community-benefit payments in exchange for a pathway they don't want.

The community association has been pushing to see the math used to calculate a $204,581 payment from a developer, Taggart Homes, in exchange for the city rezoning its property at 265 Carling Ave. to allow an 18-storey residential tower on a site zoned for four and nine storeys.

Association president Sylvia Milne called the reduction "an injustice."

The community group heard the total calculation, based on the density uplift, was $681,937, before the discount.

Capital Coun. David Chernushenko said he was caught off guard by the reduction.

"When you're providing a community benefit there is an expectation that the community will benefit from it and be consulted," he said.

Section 37 of the provincial Planning Act lets municipalities collect money for community amenities from developers who want to construct taller or denser buildings.

Quoted

"(It is) one more incident of city hall looking after the developer to the detriment of the residents."

Sylvia Milne, president of Glebe Annex Community Association, over email

A developer providing public space can merit a fee reduction. But a 70 per cent cut is steep, Milne said.

John Smit, the city's manager of development review for the urban area, said the fee cut is not based on a formula. A city planner negotiating the calculation of a Section 37 benefit isn't required to inform or consult the community or the ward councillor on reductions to the uplift value.

The path was always part of plans Taggart showed the community, but wasn't discussed as a community benefit, Milne said. It would provide access from Clemow Avenue to bus stops on Carling Avenue. Milne worries the secluded path might be unsafe and could attract trash. LAURA MUELLER/METROLAND NEWS SERVICE

Satirical seal protest irks Inuit counter-protesters

Animal-welfare group. Campaign features mock tax credits for seal products to support 'obsolete industry'

A satirical campaign against the Canadian seal hunt by the International Fund for Animal Welfare got a chilly reception from Inuit demonstrators on Parliament Hill Wednesday.

A staged appearance by "Wayne Mustardson, Minister of Obsolete Industries," to announce fictional tax credits for items like sealskin curtains and seal-blubber house paint, ended up being heckled by a small crowd that included aboriginal seal-hunt advocate Aaju Peter.

Peter accused the animal-rights activists of "destroying livelihoods of East Coast sealers, destroying livelihoods of Inuit families. Do you even you know what you're talking about?"

IFAW spokesperson Michelle Cliffe said the demonstrators' hostility was misplaced because their campaign is not aimed at the aboriginal seal hunt.

"We don't know of any animal-welfare group that's opposed to Inuit subsistence hunting, so the discussion is an unfortunate one, but there's that misunderstanding," she said.

Morley Hanson, an instructor with Nunavut Sivuniksavut, an Inuit college program in Ottawa, accompanied his students to the demonstration. He said that IFAW's attempts at humour fell flat.

Aaju Peter, left, confronts an IFAW member portraying "Wayne Mustardson, Minister of Obsolete Industries" on Parliament Hill. STEVE COLLINS/FOR METRO

"Buffoonery like this, political theatre like this guy just put on just shows great disrespect to a large portion of Canadian society," he said. "I think that's deplorable."

STEVE COLLINS/FOR METRO

Love to Decorate?
Want to own your own business?
Decorating Den Interiors is expanding in Ottawa. We want you to be part of this exciting opportunity. Home based, or commercial office based, your choice.
Passion for decorating is all you need, we teach you the rest!
Contact us today!
Decorating Den INTERIORS
1-800-263-0242
www.decoratingden.com

City hall. Tulip Festival bringing sound of music with series of free shows

This year's Tulip Festival will please your two ears with a series of free concerts at city hall, redubbed Tulip Plaza.

"Not that many years ago the concert series was something that really brought people out, and I'm really pleased to say we're bringing that back," said festival spokesperson Allan Wigney.

Ottawa indie-rockers Hollerado will start the festivities May 3. The concerts will continue Thursday through Sunday nights during the festival, as performers like the Lincolns, Delbert and the Commotions, Lucky Ron, the Dusty Drifters, and Ukrainia take the stage.

Also free this year will be the Celebridée series of public talks, which this year feature Master Cpl. Mike Trauner, an Afghanistan veteran who works with ill and injured soldiers, and a panel on women in sport with curler Rachel Homan, hockey player Jamie Lee Rattray and soccer player Gillian Baggott.

There's much, much more. In fact, the event will be so sprawling that organizers struggled to find a unifying theme.

For more, visit tulipfestival.ca. STEVE COLLINS/FOR METRO

The Tulip Festival starts May 3.
CONTRIBUTED

Mutchmor. School board OK's renovation plan but needs province's help

The Ottawa-Carleton District School Board trustees approved a $7.5-million renovation and expansion for Mutchmor Public School Tuesday night, but $871,821 of that amount is still sought from the Ministry of Education.

"We're certainly hoping that the province will come through, but the renovations are going ahead," said board vice-chair Bronwyn Funicello. STEVE COLLINS/FOR METRO

Shortfall

$871,821

The amount the Ottawa-Carleton District School Board needs to fund a Mutchmor Public School renovation.

An OC Transpo bus rolls down Slater Street in this file photo. Customer satisfaction with the transit service rebounded in 2012 after hitting a low in 2011.
SEAN MCKIBBON/METRO

Reliability still an issue for OC Transpo: Survey

Customer response. Overall satisfaction was up in 2012; GM vows problem areas will be addressed

Route planning and reliable service remain nagging issues for transit riders despite a largely rosy 2012 customer-service survey released by OC Transpo on Wednesday.

Overall customer satisfaction with the transit service made an encouraging rebound in 2012, with 72 per cent of frequent transit users saying they were satisfied with the service. That's up from a low of 61 per cent in 2011, but still well below the pre-strike satisfaction level of 81 per cent.

But four in 10 users surveyed disagreed that OC Transpo's service is reliable and runs on time. Almost the same number said bus routes are not well planned, and disagreed that OC Transpo provides good service value for the cost.

A further 43 per cent said bus drivers do not wait until transit users are seated or standing securely before driving away.

"The positive trends are significant: Overall customer satisfaction is up," OC Transpo general manager John Manconi said at a press conference on Wednesday. "Customers view that our employees care.

"With the engagement of (employees) and the organization in the quest for service excellence, we can continue to drive these results further and further up in terms of positive direction."

Respondents gave OC Transpo drivers top marks for being respectful and acknowledged that it is reasonable to stand rather than sit during rush hour.

Eight out of 10 said the buses are clean and tidy.

Transit users identified trip planning, route maps and numbers, and schedule variations as barriers to understanding the transit system.

"It's about chipping away at those things, and looking where it's occurring and why it's occurring," Manconi said.

The survey, conducted by Core Strategies from Nov. 8 to 24, 2012, interviewed 1,502 adults across Ottawa. The findings are accurate within 2.5 percentage points, 19 times out of 20. ALEX BOUTILIER/METRO

LESS IS MOREgage
You get our lowest mortgage rate with Alterna's Fair Rate Pricing
Less Negotiating. More Fair Rates.
*Rate subject to change without notice.
Alterna Savings
alterna.ca/MORTGAGES
613.560.0100
2.99%*
4-year Special Fixed Rate Mortgage

Council to reconsider vote to kill proposed Little Italy mews

Preston-Carling. Council makes rare decision to reconsider vote after narrow 12-11 decision

It's not often you see Mayor Jim Watson on the losing side of a council vote.

But that's exactly what happened on Wednesday, when council voted 12-11 to scrap proposed "access mews" — narrow passages to provide extra mobility — in the proposed Preston-Carling "strategic direction."

City staff wanted more time to study the mews concept, recommended by urban-design consultant George Dark in his vision for the neighbourhood. But Innes Coun. Rainer Bloess led a coalition of mostly rural and suburban councillors to scrap the idea.

Bloess's motion specifically targeted the north-south mews proposed from Adeline Street to Beech Street.

"It was very clear to me in the documentation that came from planning committee was that there was nobody that seemed to be in favour of the mews," Bloess said afterwards. "Even proponents in the area were opposed."

One of those proponents, according to planning committee chair Coun. Peter Hume, is developer Taggart, which has a nine-storey building proposed for the area. He said the motion was "absolutely" the result of lobbying.

"We've said, and George Dark said, the most density he would recommend is nine, but you have to have a mews, you have to have that mobility," Hume said after the meeting.

"What I think Taggart believes is if you got rid of the mews, city staff would support nine storeys. I'm not sure that's the case."

In the end, a motion to reconsider the vote at the May 8 council meeting narrowly squeaked by with the necessary eight votes.

Taggart did not respond to request for comment by publication time. ALEX BOUTILIER/METRO

A silly start to fundraising campaign

Mayor Jim Watson broke out the silly string for a goofy on-land dragon-boat race at city hall to launch the annual fundraising campaign for the Ottawa Dragon Boat Foundation on Wednesday. So far, more than $12,800 has been raised towards the $450,000 goal in support of seven local charities, including CHEO, the Youth Services Bureau and the Ottawa Humane Society. The Tim Hortons Ottawa Dragon Boat Festival — the largest of its kind in North America — will take place at Mooney's Bay June 20 to 23. GRAHAM LANKTREE/METRO

Yearlong ban

Council puts brakes on student-flat conversions

Ottawa City Council has put a temporary moratorium on converting residential homes into two- and three-unit student flats.

At a council meeting Wednesday morning, councillors confirmed a surprise recommendation from the planning committee to put a yearlong ban on converting residential homes into multi-unit apartments for university students. Planning division staff will then develop policy on converting low-density housing.

Capital Ward Coun. David Chernushenko applauded the move. "You, my colleagues, have recognized that there is something going on here which is very inappropriate and had to be frozen," he said, adding he and Rideau-Vanier Coun. Mathieu Fleury have been "deluged" by thank-you emails in the wake of Tuesday's planning-committee recommendation.
ALEX BOUTILIER/METRO

SOIS LA VOIX DU 911 !
Prépare-toi à un poste où tu toucheras vraiment la vie des gens. Formation la plus poussée dans le domaine en Ontario !
→ CARRIÈRE PAYANTE
→ PROGRAMME D'UN AN
→ TAUX DE PLACEMENT ÉLEVÉ
INSCRIS-TOI AVANT LE 1ER JUIN ET COURS LA CHANCE DE GAGNER TON PREMIER SEMESTRE D'ÉTUDES !
Pour plus d'informations, communique avec nous au
613 742-2483, poste 2420
www.lacitecollegiale.com
la cité collégiale

Lean back and enjoy the story of R&B pioneer Big Mama Thornton

Coming to the NAC.
Local production tackles highs and lows of original Hound Dog recording artist's life and career

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Coming attraction

The Willie Mae Thornton Story runs from April 26 to May 11 at the National Arts Centre. Tickets start at $30.

Before Elvis Presley swivelled his hips and crooned about a Hound Dog, and Janis Joplin popularized the blues song Ball 'n' Chain, Big Mama Thornton was belting out those tunes.

Starting Wednesday, music fans will get a peek at rock 'n' roll's roots in the blues as Gemini Award-winning actress Jackie Richardson takes up the mantle and voice of Thornton in Big Mama: The Willie Mae Thornton Story at the National Arts Centre.

"I took my own voice and just tried to let her spirit come out," said Richardson, who gave a sneak peek of the show to passersby with a performance of two Thornton songs at the corner of Elgin and Queen streets at lunchtime Wednesday.

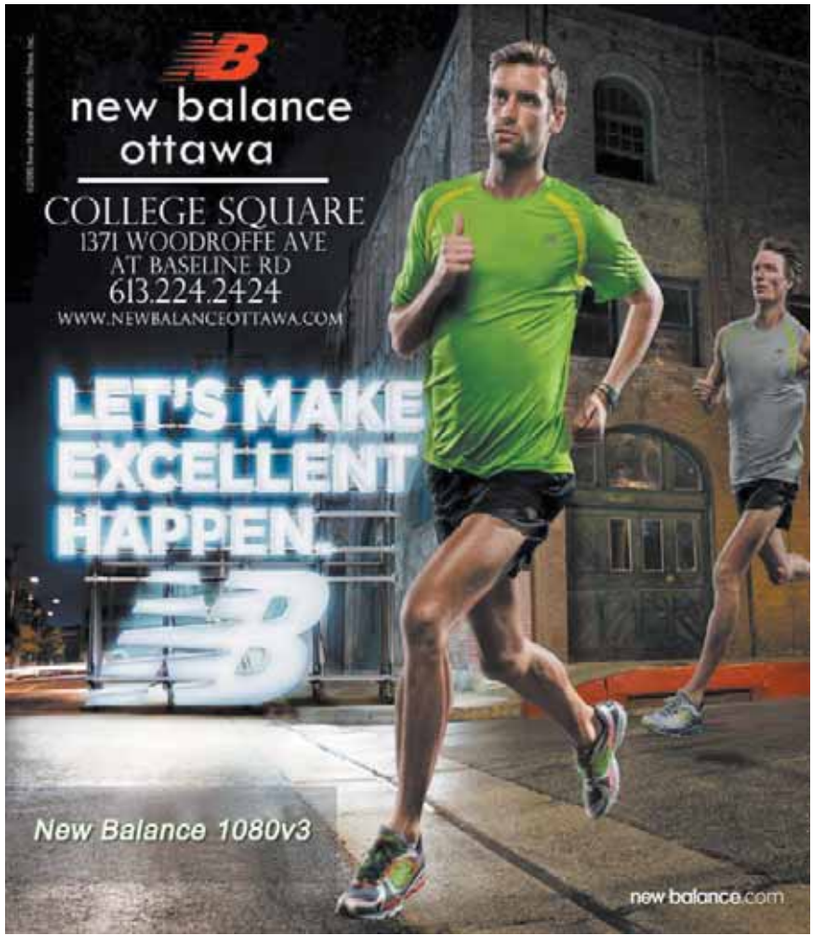
"You really don't want to see the blues lose its way," she said of the show, which has her recounting stories from Thornton's life interspersed with songs from the singer's career. Thornton, an Alabama native, was the first to record Hound Dog in 1952. She also wrote dozens of other blues songs up until the end of her career in the 1970s.

"It's for the younger generation to hear it and keep the tradition going and also to learn the blues can be put into anybody's situation," she said, pointing out that both Presley and Joplin underscored the connection between the blues and rock. The singer's work is still there for young musicians to discover today.

"I'm really excited to be in the nation's capital to perform this piece about somebody I think is really, really a forerunner," she said, "and certainly someone who has helped my generation and younger to achieve what they can achieve in blues and take it a little bit further."

Actress Jackie Richardson belts out a tune by blues legend Willie Mae Thornton in Ottawa Wednesday. GRAHAM LANKTREE/METRO

Looking for a New Job?
Look no further than Cornwall Ontario. Companies here are hiring, including Eleven Points Logistics, who are looking for several hundred people to start work in June.
JOB FAIR ~ FRIDAY APRIL 26 ~ 12 to 8pm
1501 Industrial Park Drive, Cornwall
You can also apply online for available jobs.
Visit ChooseCornwall.ca for more info!
Choose Cornwall .ca
YouTube



fido

We've got something new for you

Tab24

Enjoy the benefits of a tab and even more

1. Save big on the phone you really want—up to $400[1]
2. Breathe easy knowing your Tab24 balance reduces by the same amount every month and will be cleared in 24 months[2]
3. Feel free to upgrade to a new phone whenever you want[3]

Truffle
Fido Casting Call™ 2 winner

Get the Fido ADVANTAGE

Tab24 NEW • *Fido LiveANSWERS*™ • FidoTRADE™ • FidoDOLLARS™

It's time to switch. Visit a store, call 1-866-301-3436 or go to fido.ca.

FIDO STORES

Quinte Mall, Belleville
360 Maloney West Blvd., Gatineau
Les Galeries de Hull, Gatineau
Promenades de l'Outaouais, Gatineau
Cataraqui Town Centre, Kingston
Bayshore Shopping Centre, Nepean
Place D'Orléans, Orléans
70B George Street, Ottawa
530 Montreal Road, Ottawa
1379-A Woodroffe Avenue, Ottawa
Billings Bridge Mall, Ottawa
Carlingwood Mall, Ottawa
College Square, Ottawa
Elmvale Mall, Ottawa
Merivale Mall, Ottawa
St. Laurent Shopping Centre, Ottawa
Landsdowne Place Mall, Peterborough

FUTURE SHOP · booth wireless · WIRELESSWAVE · BEST BUY · COSTCO WHOLESALE · WIRELESS etc... · Walmart · THE MOBILE SHOP Exclusively where President's Choice® products are sold.

Offers subject to change without notice. Tab24 corresponds to the Fido Agreement described in your agreement. **1.** With new activation. Savings based on difference between price of Samsung S II LTE on a 2-year Tab24 agreement on a Smart plan compared to price of phone without a Tab24 agreement. Taxes extra. **2.** Tab24 balance corresponds to sum of Device savings recovery fees and/or service deactivation fee stated in your agreement. **3.** Tab24 customers must pay remaining Tab24 balance. For non-Tab24 customers, please call or visit your Fido store for your applicable remaining balance. A $25 Hardware Upgrade Administration Fee also applies. © 2013

5 TAILS, ONE STORY

Canada Post and the Canadian Federation of Humane Societies (CFHS) have teamed up on the Choose Pet Adoption stamp issue. Meet the stars of the stamps above. Use them on your mail to help raise awareness about pet adoption as the first choice when bringing a new animal into a family!

CFHS FSCAA

PURCHASE ONLINE OR AT YOUR POST OFFICE.

canadapost.ca/**adoption**

CANADA POST POSTES CANADA

Rescuers look for survivors in the debris of a building that collapsed in Savar, Bangladesh, Wednesday. At least 145 people were killed. Throughout the day, rescuers tried to reach those trapped inside by cutting through the debris with drilling machines, earthmovers and their bare hands. A.M. AHAD/THE ASSOCIATED PRESS

Scores killed in factory collapse

Bangladesh. Canadian retailer Joe Fresh among brands that were made in the garment factory

Rescuers tried to free dozens believed trapped in the concrete rubble after an eight-storey building that housed garment factories collapsed, killing at least 145.

Searchers cut holes in the jumbled mess of concrete with drills or their bare hands, passing water and flashlights to those pinned inside the building near the capital of Dhaka.

"I gave them whistles, water, torchlights. I heard them cry. We can't leave them behind this way," said fire official Abul Khayer. Rescue operations continued through the night.

The disaster came less than five months after a factory fire killed 112 people and underscored the unsafe conditions in Bangladesh's massive garment industry.

The complex that collapsed included a bank and shopping mall as well as factories that produced a "small number" of items for Canadian retailer Loblaw's Joe Fresh clothing line, among other customers. "We are extremely saddened to learn of the collapse of a building complex in Bangladesh and our condolences go out to those affected by this tragedy," Loblaws spokeswoman Julija Hunter said in an email.

THE ASSOCIATED PRESS

Quoted

"You can't trust many buildings in Bangladesh.... You can buy off anybody and there won't be any retribution."

Charles Kernaghan, executive director of the Institute for Global Labour and Human Rights

Zimbabwe

Grain reserves dangerously low

Zimbabwe's grain reserves are running dangerously low ahead of new but poor harvests caused by erratic rain, an independent development bank said Wednesday.

The African Development Bank said the strategic reserves have become so depleted that commercial millers have been stopped from buying supplies from the state.

The shortage of corn has also raised prices of the staple food as 1.6 million Zimbabweans already depend on food aid, it said. THE ASSOCIATED PRESS

Afghanistan. Flooding, earthquake leave at least 25 people dead

Floods in northern Afghanistan killed at least 14 people, and an earthquake that struck the northeast and neighbouring Pakistan on Wednesday left 11 people dead and scores injured, officials said.

The flooding deaths occurred in Balkh province, where heavy rains on Tuesday sent deluges down hillsides of villages in the remote districts of Kishindih, Sholgara and Nahri Sha. Five people were missing, 1,795 families were displaced from their homes, said local officials.

The quake caused casualties in two provinces of Afghanistan that border Pakistan.

In Nangarhar province, at least 10 people were killed, 110 were injured, and about 100 houses destroyed or damaged, said the provincial governor's spokesman, Ahmad Zia Abdulzai. THE ASSOCIATED PRESS

Quoted

"All of our livestock and homes were destroyed."

Ghulam Sakhi, resident of a village in the Sholgara district

LANCÔME Choose your perfect gift

Customize your 8-piece gift with any LANCÔME purchase of $35 or more, until May 5, 2013.
An estimated value of up to $162*.

Exclusively ours.
Shop in store and at thebay.com

CHOOSE YOUR EXCLUSIVE LANCÔME COSMETICS BAG

RECEIVE AN ADVANCED SKIN CORRECTOR

CHOOSE YOUR SKIN CARE

CHOOSE YOUR MAKEUP LOOK

RECEIVE AN EYE MAKEUP REMOVER AND A MASCARA

MAY WE SUGGEST:

New Advanced Génifique

LANCÔME'S best-selling serum that promotes 10 signs of younger-looking skin.

The redesigned, more precise, self-loading dropper provides intense hydration and promotes skin's own natural exfoliation for a more radiant, even complexion that's soft to the touch.

Advanced Génefique collection
$95 to $155

HUDSON'S BAY

Shop thebay.com twitter.com/thehudsonsbayco facebook.com/hudsonsbaycompany b-insider.com

Online gift may differ. *Before taxes. One gift per customer. Cannot be combined with any other offer. Components are subject to change. While supplies last. Values are based on our per ml and/or g price for regular-sized products. All selected items must be different.

Chiheb Esseghaier, one of two men accused of plotting a terror attack on a VIA Rail target, is led off a plane at Toronto's Buttonville Airport. CHRIS YOUNG/THE CANADIAN PRESS

VIA Rail accused met an al-Qaida mole, sources say

Court outburst. Criminal Code 'is not a holy book,' says the man arrested in alleged plot to hit passenger train

The Montreal suspect accused of plotting a terror attack on a passenger train allegedly met with an al-Qaida operative before coming to Canada in the summer of 2008, sources say.

And this put him on the radar of security officials here, say the sources, who have knowledge of the investigation into the alleged VIA Rail plot.

Tunisian-born Chiheb Esseghaier has been under surveillance for a year, and police became increasingly concerned after what was seen as erratic conduct aboard an airliner en route to Mexico last spring.

However, it was a recent change in behaviour that triggered police to arrest him at a McDonald's in Montreal's Central Station — not political expediency or the Boston bombing, sources said.

His co-accused, Raed Jaser, was arrested at his North York workplace on Monday.

In a Toronto court Wednesday, Esseghaier asked to speak, saying, "We know that this Criminal Code is not a holy book."

"It's just written by set of creations and the creations they're not perfect because only the creator is perfect," he added.

TORSTAR NEWS SERVICE

New powers

Vote stirs fears over liberties

MPs have voted to give Canadian officials "exceptional" powers to probe potential terrorist acts — powers that critics say trample on civil liberties.

Legislation passed Wednesday will enable preventive arrests — holding people three days without charge.

And it opens the door to hearings where people can be compelled to testify under threat of detention.

TORSTAR NEWS SERVICE

Omega-3 Fatty Acids

Getting to the heart of the matter

Every 7 minutes someone dies from heart disease or stroke in Canada. Did you know that silent inflammation in the body is a major contributor to cardiovascular disease? It's true! The key to stopping silent inflammation and improving heart health is omega-3 fatty acids from fish oil.

Norwegian Gold Critical Omega
The ideal choice for someone who wants to maintain their good health.

Norwegian Gold Super Critical Omega
The ideal choice for individuals with cardiovascular issues or those concerned about optimal heart health.

Norwegian Gold Ultra EPA
The ideal choice for anyone with an inflammatory condition or wanting to lower triglycerides.

Norwegian Gold fish oil is designed with heart health in mind. Use this chart to determine which Norwegian Gold fish oil is right for you.

WHICH FISH OIL IS RIGHT FOR YOU?

A	B	C
Choose **Norwegian Gold Critical Omega** if you checked YES to **all** of the following conditions:	Choose **Norwegian Gold Super Critical Omega** if you checked YES to **any** of the following conditions:	Choose **Norwegian Gold Ultra EPA** if you checked YES to **any** of the conditions in column B plus **any** conditions below:
Normal Cholesterol Levels ☐	Elevated Cholesterol ☐	Chronic Skin Conditions ☐
Normal Blood Pressure ☐	High Blood Pressure ☐	Arthritis ☐
Normal Blood Sugar Levels ☐	High Blood Sugar ☐	Autoimmune Disorder ☐
Normal Triglyceride Levels ☐	Elevated Triglycerides ☐	Allergies ☐
	Circulatory Issues ☐	Chronic Prostatitis ☐
		Inflammatory Bowel Disease ☐
		Asthma ☐
		Pelvic Inflammatory Disease ☐

Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3

facebook.com/renewlifecanada
twitter.com/renewlifecanada

RECEIVE $3.00 OFF
your next purchase of any Norwegian Gold Fish Oil*

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase. Coupon expires May 31st, 2013.

Woman must remove niqab, judge says

Sexual-assault trial. Ontario judge concerned woman's covered face would hinder her credibility

An Ontario judge has ruled that a woman must remove her face-covering veil to testify against the men she is accusing of sexual assault.

The judge says the woman's niqab "masks her demeanour and blocks both effective cross-examination by counsel for the accused and assessment of her credibility by the trier of fact."

The 37-year-old woman, known only as N.S., alleges two men sexually assaulted her over five years, starting when she was six years old.

The question of whether she should be allowed to testify while wearing her niqab went to the Supreme Court, which issued a split decision but set out a test for judges to decide in individual cases.

The case is now back in provincial court, and Judge Norris Weisman ruled the woman must remove her veil to testify.

Weisman noted that he had to balance her religious freedom with the accused men's right to a fair trial, but in the end he was concerned that her face covering would hinder assessment of her credibility, possibly resulting in wrongful convictions.

THE CANADIAN PRESS

An Ontario judge says a woman's niqab "masks her demeanour and blocks both effective cross-examination by counsel for the accused and assessment of her credibility by the trier of fact." GETTY IMAGES FILE

'House of horrors'

Despite reprieve, death penalty may still loom for abortion doctor

An abortion provider charged with killing babies after they were born alive won a reprieve when a judge threw out three murder counts, but the death penalty still looms if he is convicted in four other newborn deaths.

Dr. Kermit Gosnell has been in prison since a 2011 grand jury report that described his outdated West Philadelphia clinic as "a house of horrors."

Dr. Kermit Gosnell
THE ASSOCIATED PRESS

Judge Jeffrey Minehart had ruled Tuesday that prosecutors over the past month failed to make a case on three of the seven first-degree murder counts.

THE ASSOCIATED PRESS

Rehtaeh Parsons. PM, justice minister pushing tough cyberbullying laws

A crime is a crime, regardless of whether it happens on the Internet, Prime Minister Stephen Harper said Wednesday as his government promised to expedite efforts to create a new law against cyberbullying.

Harper's comments followed his meeting Tuesday with the parents of Rehtaeh Parsons, the Nova Scotia teenager who took her own life earlier this month. Parsons' parents want federal laws beefed up so more can be done to combat cybercrime.

Justice Minister Rob Nicholson, meanwhile, pushed his provincial and territorial counterparts Wednesday to speed up efforts to create a law that would curb cyberbullying. Those ministers gave him the go-ahead, Nicholson said.

"Today, when I met with my counterparts, I recommended that we expedite the review of our laws by June and I was pleased to receive unanimous support," Nicholson said in an emailed statement.

THE CANADIAN PRESS

Minister of Justice Rob Nicholson speaks to reporters in Ottawa on Tuesday as he is joined by Leah Parsons, mother of Rehtaeh Parsons, second from right, and her partner, Jason Barnes, as well as Rehtaeh's father, Glen Canning, second from left, and his wife, Krista. SEAN KILPATRICK/THE CANADIAN PRESS

RBC Royal Bank

Make buying your first home a reality.

Introducing our
Yes I Can Mortgage™ bundle.

RBC Royal Bank® is committed to first-time home buyers. We have everything you need to make owning your home a reality.

- Receive a $500 Housewarming Gift[1]
- Get a 120-day rate guarantee when pre-approved for a mortgage[2]
- Access advice and tools to help you buy with confidence
- Plus get an all-inclusive banking package with no monthly fee for up to 6 months[3]

Speak to an RBC® mortgage specialist for answers to any questions you have along the way.

Visit rbc.com/yesican today for details.

Advice you can bank on™

1 Personal lending products are provided by Royal Bank of Canada and are subject to its standard lending criteria. Offer only available to First-Time Home Buyers who obtain a 4, 5 or 7 year fixed interest rate closed residential mortgage with Royal Bank of Canada ("RBC Royal Bank") or on one RBC Homeline Plan® mortgage segment. Some conditions on interest rate may apply. To qualify for this offer, clients must have or open a mortgage payment account with RBC Royal Bank. The $500 will be deposited to this account. To be eligible: (i) the mortgage application date must be on or after March 25, 2013 and mortgage funds must be fully advanced within 120 days from application date; (ii) the mortgage or mortgage segment must be for a minimum principal amount of $100,000. This offer is available for new builder single advance mortgages that close within 120 days from the application date. All other construction draw/builder mortgages and amendments to an existing mortgage, including port/assumption transactions, an advance of additional funds or a renewal are excluded. Offer may be withdrawn or amended without notice at any time. Not available in combination with any other offer or rate discount. Other terms and conditions may apply. 2 Terms and conditions apply. 3 You will receive a 3 month fee waiver for the RBC VIP Banking® Account or a 6 month fee waiver for a RBC Signature No Limit Banking® Account. Other transaction fees may apply. Existing RBC VIP Banking, RBC Signature No Limit Banking, RBC No Limit Banking® or RBC Day to Day Banking® account holders are not eligible for this offer. Eligibility requirements for this offer include that the RBC mortgage payments must come from the new RBC bank account. The fee waiver will begin within one month of account opening depending on statement cycle. Once the promotional period has expired, the regular monthly fee of $14.95 will apply for the RBC Signature No Limit Banking® Account and $30.00 for the RBC VIP Banking® Account and will appear on the monthly statement. Offer may be changed or withdrawn at any time; Other conditions and restrictions apply. For full product details, go to: http://www.rbcroyalbank.com/products/deposits/signature-no-limit-banking.html. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Beauty boxes. Montreal's Glymm closes, leaving customers in the lurch

A screengrab from the now-defunct Glymm website. SCREENGRAB/METRO

The business of beauty boxes appears to have hit an ugly bump as Montreal-based Glymm abruptly closed its virtual shop last Friday, leaving members wondering what happened to their money.

Glymm member Kalyn Lord, 27, an Ottawa-based blogger, said she's not shocked at the news after months of delayed shipments, subpar sample bags and shoddy customer service.

"They asked customers to be patient on Facebook and promised an email newsletter with updated shipping schedules, and at the end of the day, that's all we received from Glymm — empty promises," Lord said. She said she is owed two months' worth of products.

Members were told Glymm shut down via a short email on April 19. Simultaneously, its website, Facebook and Twitter pages vanished.

Paul Fournier, one of the founders of Glymm and — according to LinkedIn — a sales and e-commerce director at Montreal-based fashion brand Mackage, has not returned phone calls. Metro was told by a receptionist that he's on vacation.

Mir Cheung, 24, of Toronto has been a loyal Glymm member since 2011, and said she is owed $135 from her annual subscription, plus more in unclaimed gift cards and bonus points. "This closure leaves a bad taste in my mouth," she said.

Ken Whitehurst, executive director at the Consumers Council of Canada, an independent non-profit, said the chances of a refund are slim.

"Any business you make contact with, whether through the Internet or not, and they go bust, you've got the risk you won't get the service that you paid for," Whitehurst said.

He recommends filing a report with the Canadian Anti-Fraud Centre. "That may not get you your money back, but it will get you the satisfaction of seeing them pursued," he said.

IRENE KUAN/METRO ONLINE

What's a beauty box?

- The beauty-box industry has grown since LuxeBox, Glymm and TopBox all launched in 2011, with thousands of Canadian women paying to have attractive packages filled with sample-sized beauty products mailed to their doors each month.

The smart(phone) way to cash cheques arrives in Canada

Banking. To make a mobile deposit, just snap a couple of pics

The technology has been around for a few years in the U.S., but Canadian consumers are finally getting access to a mobile tool to cash their cheques by taking a photo with their smartphone.

This week, the Westminster Savings credit union in B.C. began accepting cheque deposits with its mobile app.

Quoted

"You get home from work (and) the last thing you really want to do is go back out to a branch to deposit a cheque."

Gary Genik, Meridian's senior vice-president and chief information officer

Meridian in Ontario and Affinity Credit Union in Saskatchewan are set to follow suit next month. "Anything that we can imagine we can do in the branch or online our members are looking to do eventually on our phones," said Meridian's senior vice-president and chief information officer Gary Genik.

"One of the last things left for members to drive them into the branch ... is to actually deposit and get access to cash. This provides the ability to deposit a cheque from the comfort of their own home, office, cottage — wherever they happen to be."

The technology is simple. Users just need to take photos of the front and back of a cheque to cash it within the app. THE CANADIAN PRESS

Barrick under fire on all fronts

Protesters display an effigy of Barrick Gold Corp.'s chairman and founder Peter Munk outside Toronto's Metro Convention Centre Wednesday as the mining company held its annual meeting. While the protesters focused on environmental issues and corporate responsibility, shareholders expressed their disapproval by voting against an executive pay resolution. Barrick had come under fire for a $11.9-million signing bonus paid to co-chairman John Thornton that was part of a $17-million payment package he received last year. The company has also been hit hard by falling gold prices, and work on its Pascua-Lama mine — which straddles the border of Chile and Argentina — was suspended by a Chilean appeals court amid environmental concerns about the construction of the world's highest-altitude gold and silver mine. "This has been a tough year for Barrick and our shareholders. It seems as if our company has been under siege by several disappointments and setbacks," CEO Jamie Sokalsky told the meeting. CHRIS YOUNG/THE CANADIAN PRESS

WANT TO WORK WITH CHILDREN?
ARE YOU BETWEEN 16 AND 30 YEARS OF AGE?
UNEMPLOYED AND OUT OF SCHOOL?
14 week paid employment training program with work placements in daycare centres and after school programs
JOB TRACK
CHILDCARE
Call the Job Track: Childcare program:
613-820-4922
Canada
Pinecrest-Queensway
Community Health Centre

Market Minute

DOLLAR 97.50¢ (+0.05¢)

TSX 12,270.43 (+179.49)

OIL $91.43 US (+$2.25)

GOLD $1,423.70 US (+$14.90)

Natural gas: $4.17 US (-7¢)
Dow Jones: 14,676.30 (-43.16)

Driller's delight. Gas workers bring creole cuisine with them

The land of scrapple and chipped ham is starting to get a taste for jambalaya and boudin.

Thanks to an influx of Southerners filling jobs in north-central Pennsylvania's booming natural-gas industry, a region not often placed on many culinary maps is finding itself flush with the foodways found below the Mason-Dixon line, arguably the source of some of the U.S.'s richest culinary traditions.

Suddenly, convenience stores stock sweet tea, barbecue is a hot seller, and the almost Norman Rockwell-quaint Country Store in Pennsdale, Pa., even makes its own boudin, a pork sausage popular in Louisiana. THE ASSOCIATED PRESS

Geologist Steve Clark eats jambalaya on a natural-gas drilling site near Montoursville, Pa. THE ASSOCIATED PRESS

Labour disputes

French gov't not OK with amnesty for threatening rioters

A labour-union flag and a pile of burning tires are seen outside Goodyear offices in Amiens, France, on Feb. 26. THE ASSOCIATED PRESS FILE

The French government will not vote for a law that would give amnesty to workers who ransacked company offices or threatened their bosses during labour disputes. The measure stirred debate in France, especially since it passed the Senate just days before violent clashes between police and protesting tire workers. THE ASSOCIATED PRESS

Personal finance

Canadians paying off debt faster

Fewer Canadians are letting their non-mortgage debt repayments lapse for more than three months compared with a year ago, according to a report by credit monitoring firm Equifax Canada. THE CANADIAN PRESS

Relief efforts

Hong Kong quake aid nixed by fears of corruption

Hong Kong lawmakers fiercely opposed a plan Wednesday to donate money for earthquake victims to a Chinese provincial government in Sichuan, underlining widespread public concerns about mainland corruption. THE ASSOCIATED PRESS

Consumer confidence

U.K. in low spirits as recession looms

Recession may just be a word. But in Britain it may become a habit — and a dangerous one at that. It's possible that official figures on first-quarter economic growth, to be released Thursday, could show the country is back in recession, and tension is building. It would be the third recession since the 2008 financial crisis. THE ASSOCIATED PRESS

BUT THEY'RE CANADIAN ...

HE SAYS

John Mazerolle
metronews.ca

If there are two topics that all Canadians love, they are taxes and history. As the tax deadline approaches, I thought it important to look back at how Canadians came to be the happy, taxpaying nation that we are today.

Strap yourself in. It's a wild ride.

Time is Money: A History of Canadian Taxes

1500s: Native groups collect percentages of food from passing European explorers. The Europeans are angry at first, but they are also early Canadians: They calm down when they learn that low-income explorers can reclaim a percentage of their cornmeal at the end of each fiscal year by attaching schedule C of form 1256 to their tax return and checking the box "voyageurs, door-to-door salesmen and other itinerant workers."

1652: Louis XIV of France imposes a 10 per cent tax on moose pelts in his colony. At the time, this was considered a sin tax. You don't want to know.

1751: Nova Scotia begins charging duties on billiard tables. Furious Nova Scotians, disguised as aboriginals, raid three ships in Halifax Harbour and try to throw hundreds of billiard tables into the sea, but only manage to throw out their backs. They're angry at first, but also Canadian: They decide to get blind-drunk instead, kicking off a tradition still observed by Haligonians to this day.

1867: Canada (now better known as The Harper Government) is created, forcing the need for tax-funded flags, calendars, and pencils with flags on them. The federal government is given the high-cost items of the time, such as railway buildings and finding the best performers for the big Canada Day bash. Canadians are angry at first, but they're Canadian: They calm down when they see that the feds scored Franz Liszt for the Parliament Hill concert.

1884: The federal government places a vice tax on snuff. In an attempt to counter the obvious moral issues, the government labels each snuff tin with a 1-88-SNUFF-OUT number and a message asking, "Snuffed Enuff?"

1917: Prime Minister Robert Borden introduces the Income War Tax Act, saying that shortly after the war "the measure should be definitely reviewed." The official Hansard transcript adds that the prime minister gave big knowing winks throughout his comments before giving a running high-five to everyone in the front row of the House of Commons.

1927: The Department of National Revenue is created. To keep taxes down, the government promises the new department will be a low-cost affair with only one person to answer the phone for the whole country, an edict that is still in place.

1960s: The government begins using computers to collect tax information, guaranteeing that employees who had previously found the deluge of tax returns unmanageable could now sooth their nerves with games of Solitaire and Minesweeper.

1993: The Liberals break an election promise to eliminate the GST. After years of being calmly Canadian, taxpayers have finally had enough and punish the Liberals by tossing them from office 13 years later.

And that's a look at Canadian tax history. If it ever angers you, arm yourself with knowledge. Once you've read about important moments like Lawson v. Interior Tree Fruit and Vegetables Committee of Direction (that's real, I swear), you'll be calm again. If not comatose.

ZOOM

Domo arigato, Mr. Roboto

JEFF J MITCHELL/GETTY IMAGES

You've got to hand it to him

Patrick Kane, 16, who lost his left hand as a baby, has become the first person in Britain to be fitted with a prosthetic hand that is so advanced it can be operated by a smartphone. METRO

He's 'app-y'

- Using a mobile-phone application, the user can choose between 24 different pre-set grip patterns.
- When the user wants to use it manually, electrodes in the wrist pick up electrical impulses created by contracting muscles. Electrodes then transmit commands to a tiny computer implanted in the artificial hand. The computer then moves it into the desired position.

Let's shake on it

"When I'm meeting new people, it's a great conversation starter."

Patrick Kane

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

While most www bots have a sole purpose to irritate anyone in their automated paths, some have surfaced with no other goal than to bring sheer delight to those caught in their webs. Give any of these a follow for some 9-5 hilarity.

@RedScareBot:
Nominated for a social-media Shorty Award, Robot J. McCarthy retweets (with added snark) anything with a seemingly Communist bent. Examples that have gotten the red flag? "Chris Rock is my favorite communist because he's the funniest communist." Joe would be so proud.

@Procrastibot:
For those who need a little nudge getting off Twitter, Procrastibot sends a gentle reminder to "GET BACK TO WORK" at key lazy points in the day.

@pimentocheese:
Pimento cheese retweets all mentions of this Southern delight.

Comments

RE: Justin Trudeau Video Pitches End To Attack Ads, published April 24

I still know nothing about his platform, policies or ideas for running the country ... How about some substance, Justin? I'm not going to vote for you just because "Harper needs to go." Give me some reasons other than your nice hair and boyish smile.
Scott Ox posted to metronews.ca

His father handed Canada over to Quebec and is one of the most hated Canadians of our generation (all federal jobs requiring first language French, endless supplies of tax dollars being dumped into Quebec with equalization payments, etc). Justin is only there because of his name but I don't think he hates English Canadians as much as his family. It's going to be a tough mix as he already has the guaranteed ... French vote and has the acting training to boot to sway English Canadians. Should be a fun ride.
Crease posted to metronews.ca

Brilliant reply! When the Tory ads started immediately after Justin's victory, all I could think was "they must be really scared if they feel they need to bash him already, and he has(n't) even done anything."
DaleWale posted to metronews.ca

Now this is a really prime example of taking the high road. I'd like to hear more about his political platform, though, so Justin Trudeau definitely has my attention.
Jay posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 100 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

Her Harbour: Ethereal and visceral

Album release.
Singer-songwriter retreated to her childhood home to write Winter's Ghosts

BACKSTAGE PASS
Samantha Everts
ottawa@metronews.ca

Ottawa singer-songwriter Gabrielle Giguere, a.k.a. Her Harbour, releases her first EP Winter's Ghosts on Saturday night at St. Luke's Church.
SUBMITTED/ JAMIE KRONICK

Few people in modern music are disarmingly honest. But Ottawa singer-songwriter Gabrielle Giguere, performing under her moniker Her Harbour, is just that.

"I got to lock myself up and put it all out there without censoring myself," said Giguere of her first EP, the indie-folk flavoured Winter's Ghosts, which is being released on E-tron records this Saturday at St. Luke's Church.

Possessing a voice that channels Regina Spektor and Sharon Van Etton simultaneously, Giguere's music is at once hauntingly ethereal and visceral.

"I grew up listening to Nina Simone and love Cat Power," said the former vocal-jazz student who has also performed in local groups like the Bytown Boys.

Dealing with themes of heartbreak, loss and abuse, Winter's Ghosts is a collection of intense and intimate songs that perfectly showcases Giguere's old-soul vocals and songwriting gifts. Giguere says that the honesty at work in this album terrifies her.

"Music has been like a shelter of sorts for me," said Giguere.

She retreated to her childhood home to record the album from February 2011 to 2012 after a prolific five-month songwriting period in Vancouver with her new autoharp in tow. Learning autoharp five years ago changed her relationship with songwriting,

"Before, it was always a two person process but became something I could do by myself."

Giguere could be without pressures by recording home alone, though those name-sake ghosts kept returning in the songwriting. "There's still songs that scare me to perform," she said.

One of those includes Your Bibles, a self-described "spooky-song" that has revealed more in live shows than in the initial writing.

"It can be really painful at times, but also therapeutic," said the soft-spoken Giguere.

She recorded the lead vocals and main instrument, then built on everything.

"It was such a selfish process just letting myself do what felt right."

While recording, she would send songs to a few close musician friends who ended up adding a clarinet solo, backing violins and even soundscape elements for an album rich in sonic texture.

"For the album release we're putting together a full band" she said, which will include members of the Love Machine and Andre M. Bluteau.

After that, Her Harbour will be performing at Bluesfest.

"It's exciting," she said adding she hopes to do a mini-tour of Eastern Canada this summer.

Policy of truth

"I wanted to challenge myself to be really honest."
Her Harbour, a.k.a. Gabrielle Giguere, on the songs on her debut EP

Details

Saturday, April 27, St. Luke's Church (760 Somerset St. W) 8 p.m. $12 with The Meek (Members of Timber Timbre).

- **More information at.** herharbour.com.

DÉPÊCHEZ-VOUS !
DERNIÈRE CHANCE POUR S'INSCRIRE À GATINEAU !

FRANCOFOLIES DE MONTRÉAL MD
en collaboration avec
Ford

UN GRAND PRIX DE
5000 $
OFFERT PAR FORD

BOURSES OFFERTES PAR
CKOI 96,9 Montréal

CHANTEURS RECHERCHÉS !

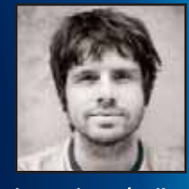
COUREZ LA CHANCE DE CHANTER
AUX FRANCOFOLIES DE MONTRÉAL

2e ÉDITION

L'ÉTOILE MONTANTE FORD

PARTICIPEZ AUX AUDITIONS !

GATINEAU, 28 avril *Ce dimanche !*
Auditorium Alphonse-Desjardins, cégep de l'Outaouais



Après chaque journée d'auditions,
VINCENT VALLIÈRES
en spectacle à 20 h 30
avec laissez-passer

Ford
Allons plus loin

RENSEIGNEMENTS ET INSCRIPTIONS :
FRANCOFOLIES.COM/ETOILEMONTANTE
Places limitées !

They're not playing Kat and Mau5

Wedding plans. Tattoo artist Kat Von D reveals that she and producer Deadmau5 are 'deep' into their wedding planning

Tattoo artist Kat Von D is getting ready to marry Deadmau5. FRANK GUNN/THE CANADIAN PRESS

Renowned tattoo artist Kat Von D has had a string of much-publicized relationship woes, from a divorce to fellow inker Oliver Peck to a breakup with Motley Crue bassist Nikki Sixx and two failed engagements with reality TV star Jesse James.

But these days Von D says she's happily engaged to her "best friend," Canadian electronic music artist Deadmau5 (Joel Zimmerman), with whom she shares a matching tattoo — a series of numbers and letters that's on her collarbone and his forearm and is their "inside secret."

During a recent stop in Toronto to promote her newly released third book, Go Big Or Go Home: Taking Risks in Life, Love, and Tattooing, the former LA Ink star said the two are "deep into the wedding planning" for their nuptials in Los Angeles, where she lives.

They're also making music together, both for their own side project and for her debut album, which she said is being produced by rocker Danny Lohner and has tunes co-written by hitmaker Linda Perry.

Being with the mouse-masked DJ gives her the same excitement she felt when she was 14 and first started tattooing, gushed Von D (short for von Drachenberg).

"I remember I didn't know what I was doing at all and I just did it, and it was so natural and so perfect and I loved it, and all I could think about was, 'When will I do it again?' And being with Joel is the only thing that's ever exceeded how organic that feels," she said in an interview at HarperCollins Canada.

"So it's like, it makes sense. There's no work in it," added the raven-haired Von D, who made headlines when she began dating James just months after his split from actress Sandra Bullock.

Von D and Zimmerman, a Grammy-nominated dance producer who grew up in Niagara Falls, Ont., revealed their engagement last December via Twitter.

The social media site is also where they first declared they were in love (in late September), where they announced they'd briefly broken up (less than a month later), and where Zimmerman later proposed.

"I can't wait for Christmas so.... Katherine Von Drachenberg, will you marry me?" he wrote while also posting a photo of a custom-made ring of two skulls surrounding a diamond.

"Everybody was giving us so much slack for that because like, 'Oh, it's so non-romantic and disconnected,' and we're like, 'No, you don't get it, it's an inside joke,'" said Von D.

Von D said they were in the same house in Los Angeles at the time of the proposal.

She was downstairs, having just arrived home from work, and he shouted from upstairs: "Kat, check your Twitter."

THE ASSOCIATED PRESS

Will you tweet me?

"Everybody was giving us so much slack for that because like, 'Oh, it's so non-romantic and disconnected.'"

Kat Von D
Talking about how Deadmau5 proposed

Trivia

Burnett behind new Canadian TV game show

Reality show guru Mark Burnett is behind a new TV game show bound for Ontario's CHCH channel.

The half-hour series Spin Off, a game of trivia and chance, is set to debut as part of the primetime lineup this fall.

Reno television

Vanilla Ice, Reverend Run get DIY shows

The DIY television network is proving a comfortable home for rappers turned renovators.

Vanilla Ice Goes Amish will debut on the network this year.

While Reverend Run, from Run DMC, will have a series airing, starting later this year.

THE ASSOCIATED PRESS

No late night wars, they're late-night buds

Television. Forget about the Letterman-Leno feuds, these two new late night kings say they have nothing but respect for one another

Jimmy Kimmel and Jimmy Fallon. KEVIN WINTER/GETTY IMAGES

The longtime feud between late-night hosts Jay Leno and David Letterman is the stuff of legend and, apparently, so yesterday.

The two Jimmys: Jimmy Kimmel and Jimmy Fallon, agree there's no rivalry between them.

Quote

"We're very friendly. I know people expect us to dislike each other and say bad things about each other but that will never happen."

Jimmy Kimmel
Talking about Jimmy Fallon.

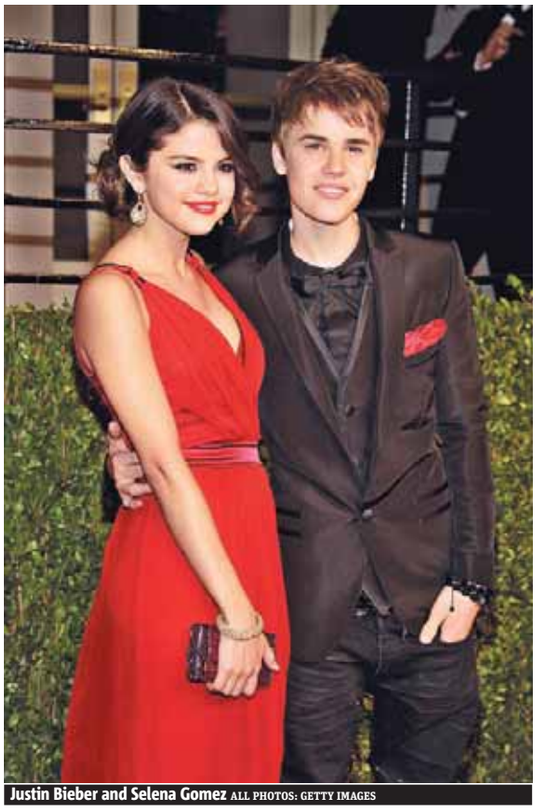
Both were among the honorees in New York Tuesday at a gala recognizing Time magazine's annual list of the 100 Most Influential People in the World.

"I feel good about it. We're very friendly. I know people expect us to dislike each other and say bad things about each other but that will never happen," said 45-year-old Kimmel.

He agreed that making nice is a good thing.

"It is nice. We're like (vocalist duo) Peaches & Herb. I'm Peaches," he laughed.

They'll face-off in the ratings next year when Fallon leaves NBC's Late Night with Jimmy Fallon and replaces Leno as host of The Tonight Show. THE ASSOCIATED PRESS



Justin Bieber and Selena Gomez ALL PHOTOS: GETTY IMAGES

The one love for Justin and Selena?

Do Justin Bieber and Selena Gomez's make-out sessions during their reunion in Europe this week mean that the couple is back together? Maybe, maybe not, according to Us Weekly. "They have a crazy connection," a source close to Bieber says, but "they aren't back together."

Another source says it's anyone's guess: "Who knows with them? They're always back and forth." If they are in fact back together, Bieber can take the credit, according to a Gomez pal: "Justin pursued Selena and she gave in," the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Sean Lowe is like a virgin, but not really

THE WORD
Dorothy Robinson
scene@metronews.ca

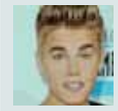
The Bachelor is a virgin no longer.

Nothing makes me roll my eyes harder than the phrase "born again virgin" unless it's a celebrity proclaiming, "We're going to be married forever!" As it turns out, Sean Lowe, who was known as the Virgin Bachelor on this season of The Bachelor for his insistence of not fornicating (again) until marriage, won't be sacrificed to the gods anytime soon. Two sources confirm in the new issue of Life & Style that Sean did in fact sleep with his fiancée, Catherine Giudici, while the show was still airing. "Yes, they definitely had sex," a "Bachelor insider" reveals exclusively to Life & Style. "The first time was the night he proposed in Thailand."

A second source close to Catherine confirms the flings, saying, "Sean and Catherine have hooked up already. The whole born-again-virgin thing is a bunch of B.S. It's just something he made up for the show."

Wait. A network made up something on a reality TV show in order to get ratings? Stop blowing my mind!

Twitter



@justinbieber
will u always be there?

@WhitneyCummings
Stop making your nicknames longer than your actual name. Talking to you, Joe Joe.

@AmandaBynes
Dear @UsWeekly — I don't know why u feel the need to make up stories about me. I don't talk to light fixtures.

Reese Witherspoon

Witherspoon's arrest not the end of the world, according to pal Chelsea

Everyone needs to calm down about Reese Witherspoon's disorderly conduct arrest, at least according to pal Chelsea Handler. "She's doing fine. She's doing fine, you know?" Handler tells Entertainment Tonight. "She was just trying to protect her husband. I mean, everybody makes mistakes, so it's not a big deal." Witherspoon's arrest came after she allegedly argued with an Atlanta-area police officer who had pulled over her husband, Jim Toth, for allegedly driving while intoxicated.

THE REWARDS YOU WANT
20x faster
SATURDAY, APRIL 27
20x THE SHOPPERS OPTIMUM POINTS®
WHEN YOU SPEND $50 OR MORE ON ALMOST ANYTHING IN THE STORE.*
FREE feels good™
SHOPPERS DRUG MART

*Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, RBC® Shoppers Optimum® MasterCard® points and points associated with RBC® Shoppers Optimum Banking Account, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. ® 911979 Alberta Ltd.

KE$HA

Pop's queen of chaos lets us in on her messy makeup tips, her music and her new MTV documentary.

STOP. SPARKLE. ROLL.

You're about to go on tour with Pitbull. How do you keep on top of your beauty regimen on the road?
I could go for two days without a shower, but I always take care of my skin and my face. The rest of my life is chaos, but I'm pretty religious about that. I cleanse and moisturize all the time because I'm prone to having dry skin. I've also started putting a tiny, pea size amount of retinol in my night cream. It supposedly helps your skin exfoliate constantly.

In your song TiK ToK, you sing about brushing your teeth with a bottle of Jack. Are you the type to fall asleep with your makeup on?
Whisky isn't necessarily my first choice when it comes to dental hygiene. I always wash my face. Sometimes I just leave the eyes because I like my makeup better the next morning, it looks naturally wild. It creates this sexy, smoky eye that I don't know how to create myself. It looks great.

Speaking of eyes, you seem to have a thing for glitter.
I cover myself in glitter! I pour it on the ground, lay in it and roll around. Then my glitter roadie sprinkles it all over me. His job is to make sure every inch of my body is covered.

Is he a makeup artist?
No, he just has a beard.

Your hair. The waves, the cornrows, it must be high maintenance.
My hair is a constant battle. It's like the fifth member of my band. I have to keep it healthy. But it's a struggle when I'm bleaching and styling it constantly. So I sleep in Kérastase Deep Conditioner, Bumble and Bumble Mending Conditioner or Moroccan Oil. When I don't have someone plucking and prodding my head, I tie it up in a messy bun.

You recently wrapped up filming your MTV documentary, Ke$ha: My Crazy Beautiful Life. Did you keep on a full face of makeup throughout filming?
It's ridiculous … you'll see me with no makeup, no hair, no nothing. I'm running around without a bra on, looking so disheveled.

A lot of tabloids have made a big deal about your recent weight loss. Has fame changed you, physically?
Of course. I have to be stricter with myself than I ever was before. When I train for my tour, it's like I'm training for an athletic event. Every morning when I wake up, I try to meditate and get in the right mental headspace in order to kick ass. With my first record, I didn't realize how many eyes would be on me. This time around I'm prepared.

ROMINA MCGUINNESS,
METRO WORLD NEWS

Inside Ke$ha's makeup bag

Clarisonic Mia Sonic Skin Cleansing System

"This brush has changed my face. I use it twice a day with a glycolic cleanser."
$119, clarisonic.com.

Josie Maran Argan Oil

"After I've washed my face, I follow with this argan oil. It makes your face glow. But I don't go too crazy, I just mix in a couple of drops with whatever moisturizer."
$48 josiemarancosmetics.com.

Benefit Benetint Rose-Tinted Lip & Cheek Stain

"I love a shimmer or a stain. This one is amazing."
$30, benefitcosmetics.com.

Benefit BADgal Lash Mascara

"When I'm just doing my day to day stuff I like to keep it light and let my skin breathe. I use an eyelash curler and this mascara, which makes my lashes look really thick."
$15, benefitcosmetics.com.

Urban Decay Heavy Metal Glitter Eyeliner

"I'm the glitter queen, so I like to have some in my purse. I've even started making my own. One thing I like to keep in my bag, in case I'm not coming home before I go out, is glitter eyeliner in either gold, silver, pink or turquoise."
$18, urbandecay.com.

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Amazing Sneaker Culture Exhibit opens @batashoe museum tonite: This 2013 Adidas Totem pair by @ITSJEREMYSCOTT

What a joyful table! Theme is French country picnic...@ Vivian_Reiss has certainly set the scene...

At the Trump Hotel for the @sharpmagazine big bash with editor in chief Jeremy Freed.

The Kit

Canadian street style

Spotted in: Toronto

Tisha
Toronto
Production Designer
Age: 26

What she's wearing
Boots from Urban Outfitters, Le Chateau tights, Vintage skirt and
coat, American Apparel turtle neck, Chosen Vintage hat.

Her inspiration
Fashion from old films like The Good, the Bad and the Ugly and Casablanca (I'd say I am more like Humphrey Bogart than Ingrid Bergman)!

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Fashion flash

Best foot forward

The easiest way to integrate a little spring into your daily uniform right now is with your footwear. We suggest starting with these graphic Clarks, designed by Eley Kishimoto. They'll feel really good as you pound the pavement during the last dregs of winter, but they'll also look cute with denim cut-offs come summer. See the entire collection at eleykishimoto.com.

METRO

Trends Report

- **Circle contact lenses have become trendy for a lot of women in Asia, used to make their eyes appear larger and brighter.** Go online to Trends Report to see how these lenses can alter one's appearance. But is this a good thing? metronews.ca/voices/trends-report

@MetroIreneK

Nicola, minus the meat

Fueled by fashion.
Ex-Mugler designer signs on to Diesel after style-world speculation

The man behind Lady Gaga's meat dress is set to hit commercial street. Nicola Formichetti was confirmed this month as Diesel's first artistic director.

The collaboration follows much speculation amongst fashion press and industry insiders about his next move after it was announced that he'd be leaving Thierry Mugler.

Renzo Rosso, the owner of holding group OTB SpA, which operates Diesel, quipped to WWD, "I finally met somebody as crazy as I am. I have replaced myself and can go on vacation."

Jokes aside, what this means is that the stylist-turned-designer will be responsible for "a total view of the Diesel brand: product, communications, marketing and interior things, different things," adds Rosso.

"Different" is certainly something that the 35-year-old has down pat. Remember Gaga arriving in an alien-esque egg at the 2011 Grammy's? It begs the question as to whether the singer will be making a staged appearance at the Diesel shows like she did during Formichetti's two-year tenure at Thierry Mugler.

Our first glimpse of Formichetti's vision will come in September with the launch of Diesel's ad campaign. Sadly, we'll have to wait until autumn /winter 2014 to see the Tokyo-born designer's first collection.

METRO

Lady Gaga and Nicola Formichetti snuggle up in Gaga's Workshop at Barneys New York in 2011. Formichetti is best known for creating some of Gaga's most memorable costumes. JAMIE MCCARTHY/GETTY IMAGES FOR BARNEYS NEW YORK

Rhubarb balances sweetness in pork

An import from England, rhubarb was known in 19th century America as "the pie plant" because that was where it usually ended up. But rhubarb's acidity makes it a great addition to savoury dishes, too.

On the shelf in your grocery store, rhubarb looks a lot like celery, except that it's usually a fetching reddish-purple in colour. It comes in long, slender stalks, with strings running from top to bottom. To eliminate the toughness of the strings, some cooks peel their rhubarb before cooking. You can deal with the issue by thinly slicing the stalks across the grain of the strings.

Given its high water content, turning rhubarb into a sauce requires little more than cooking it. It breaks down quickly and becomes nice and thick. In this recipe, it needed some counter-balancing sweetness, so adding a splash of fresh orange juice does the trick.

As for the cut of pork on which we ladle this sauce, go with the tenderloin instead of its neighbour, the loin. Both are lean, but they call it the tenderloin, after all, for a reason. However, this isn't to say it won't turn out tough and dry if you overcook it, so be sure to keep your eye on the cooking time.

Pork Tenderloin Medallions with Rhubarb-Orange Sauce

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 pork tenderloins, trimmed of fat
- Kosher salt and ground black pepper
- 2 tbsp extra-virgin olive oil, divided
- 2 cups thinly sliced rhubarb
- 2 tsp sugar
- 2 tbsp minced shallot
- 1/2 tsp minced garlic
- 1 cup orange juice
- 2 tsp water
- 1 tsp cornstarch
- 2 tsp Dijon mustard
- Chopped fresh chives, to garnish

1. Trim off thin end piece of each tenderloin, cutting off about 3-inch section. Slice remaining portion of each tenderloin crosswise into 3/4-inch rounds. You should end up with about 18 pieces, including 2 thin sections cut from the ends. Season pork on all sides with salt and pepper.

2. In skillet over medium-high, heat 1 tablespoon of oil. Working in batches, add pork to skillet. Cook, turning to brown on all sides, for about 4 to 5 minutes, or until the pork is just pink at the centre (about 145 F). Transfer the pork to a plate, cover with foil and let it rest while you prepare the sauce.

3. Return skillet to heat and add remaining tablespoon of oil, rhubarb and sugar. Sauté 2 minutes. Add shallots and garlic and cook, stirring, for another minute. Add the orange juice and simmer for 2 minutes.

4. In bowl, whisk water and cornstarch, then add to simmering broth in stream, whisking. Return sauce to boil, then whisk in mustard and any juices that have collected on the plate from the pork.

5. To serve, divide pork between 6 plates, then top with some sauce. Garnish with chives. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

For your phone

Baking With Dorie! (iPhone; Free Trial/$9.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Every recipe is a lesson in Dorie Greenspan's video baking course.

Discover the tricks behind pies, tarts, muffins and cookies using special overviews, timers, and step-guides that make it easy.

Sausage and spring greens enhance penne

Swiss chard. A spring vegetable, this tangy Mediterranean member of the beet family comes in several colours. And it's edible from tip to toe, too, stems included.

Spruce up the greens with a little sausage, but just a little and just for flavour. Plenty of cultures use animal protein this way, rather than relying on a substantial slab of it to occupy the centre of the plate.

1. Bring pot of salted water to a boil. Add the pasta and cook for a few minutes less than the recommended time on the box.

2. Meanwhile, cut off and reserve Swiss chard stems. Chop Swiss chard leaves coarsely. Cut the stems into 1/2-inch lengths.

3. In skillet over medium-high, heat oil. Add sausages and cook, stirring, 3 minutes, or until browned. Use slotted spoon to transfer sausages to a bowl.

4. Return skillet to medium heat and add onion. Cook until golden, 5 minutes. Add garlic and cook, stirring, for 1 minute.

5. Add Swiss chard stems to skillet, cover and cook 3 minutes. Remove lid and add half Swiss chard greens. Stir and cook, stirring occasionally, until greens are slightly wilted. Add remaining greens, cover and cook, stirring occasionally, until completely wilted. Add tomatoes, hefty pinch of salt and the red pepper flakes, if using.

6. When pasta is almost done but not quite al dente, drain, reserving 1 cup of cooking liquid. Add pasta and 3/4 cup of cooking liquid to skillet and simmer 4 minutes, adding more cooking liquid if necessary, until pasta is al dente and most liquid has evaporated. Add sausages, then season with salt. Divide among 4 shallow bowls; top each with cheese. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 8 oz whole-wheat penne
- 1 lb Swiss chard
- 2 tbsp extra-virgin olive oil
- 4 oz sausages, halved length wise, then sliced 1/2-inch-thick crosswise
- 1/2 cup finely chopped yellow onion
- 2 cloves garlic, minced
- 15-oz can (about 1 3/4 cups) chopped tomatoes, preferably fire roasted
- Kosher salt
- 1/2 tsp red pepper flakes (optional)
- 1 1/2 oz grated Parmigiano-Reggiano cheese

CAT'S
FISH & CHIPS
VOTED OTTAWA'S BEST FISH AND CHIPS
Monday- CLOSED
Tuesday- 11am - 9pm
Wednesday- 11am - 9pm
Thursday- 11am - 9pm
Friday- 11am - 10pm
Saturday- 9am - 10pm
Sunday- 9am - 9pm
Breakfast Saturday & Sunday 9am-Noon
319 St Laurent Blvd (at Hemlock)
Take Out Hotline - 613-748-FISH (3474)
*Gluten Free Batter Available

Infuse ribs with maple-smoked taste

1. Soak maple planks in sink with water for at least 8 hours.

2. Light 1 side of barbecue; preheat to 350 F. Place ribs, meat side up, in roasting pan. Cover pan tightly with foil and place on unlit side. Bake 1 1/4 hours.

3. In saucepan over medium heat on stove, combine maple syrup, orange juice, ketchup, soy sauce, mustard and Worcestershire. Stir in curry, garlic and green onions. Simmer 15 minutes, stirring occasionally.

4. Remove ribs from roasting pan and baste completely with still warm sauce. Retain 1/2 of sauce for additional basting. Place ribs on soaked maple planks bone side down. Put planks on one side of barbecue with low heat setting directly underneath. Turn other side of barbecue to high and close lid. Keep temp around 350 F. Planks should begin to smoke within a few minutes. Adjust amount of smoke you would like to add by increasing/ decreasing direct heat underneath the planks and opening/closing the lid. Allow ribs to cook on the planks for 25 minutes. Use remaining sauce to baste ribs several times throughout cooking. **NEWS CANADA**

Ingredients

- 2 lb pork side ribs
- 1 cup pure maple syrup
- 3 tbsp frozen orange juice concentrate
- 3 tbsp ketchup
- 2 tbsp soy sauce
- 1 tbsp Dijon mustard
- 1 tbsp Worcestershire sauce
- 1 tsp curry powder
- 1 clove garlic, minced
- 2 green onions, minced

Canadian maple syrup stars in this dish. NEWS CANADA

Snack. Almond Cherry Bars

Thinking about whipping up a snack? Try this recipe for delicious bars from the Almond Board of California, which is packed with fibre, antioxidants and flavour.

1. Preheat oven to 350 F.

2. Lightly grease a 9- by 13-inch rimmed baking sheet with cooking spray and line with parchment paper, leaving excess paper on edges.

3. Combine all ingredients in a large bowl and spread into pan. Press firmly. Bake for 10 minutes.

4. Pull on parchment paper to remove from pan and cut into 24 bars while still warm — six on one side and four on the other.

ALMONDBOARD.COM/NEWSCANADA.COM

Ingredients

- Cooking spray
- 3 cups (750 ml) granola such as Special K Low-Fat Granola
- 1 cup (250 ml) wheat germ
- 1 1/2 cups (350 ml) almond butter
- 1 tsp (5 ml) vanilla extract
- 1/3 cup (75 ml) whole-wheat flour
- 3/4 cup (180 ml) honey
- 1 cup (250 ml) dried cherries or dried cherry-flavoured cranberries
- 1 cup (250 ml) slivered almonds

Taste of Duck
大統華 T&T
Ottawa Store Only
Apr Fri 26 Sat 27 Sun 28 Mon 29 Tue 30 May Wed 1 Thur 2
Chance to Win an Apple iPad mini with the purchase of any two Brome Lake Ducks products. (9 iPads in total)
Please see in-store poster for details.
Duck Rendered Fat 5.98 /Ea
Duck Tongue 10.98 /Lb
Young Duck 11.98 /Ea
Duck Breast(Boneless) 11.98 /Lb
Honey Mustard Duck Breast 13.98 /Ea
Mousse of Duck Foie Gras 13.98 /Ea
No chicken liver or pork liver is ever added.
Moulard ducks raised antibiotic and hormone free.
Ready to serve and enjoy.
Red Papaya Product of Ecuador 9.98 /box
Fresh Atlantic Salmon Fillets 5.99 /lb
Astro Original Yogurt 100gx12 3.49 /box
Saporito Canola Oil 3L 4.39 /btl
Soo Jerky 300g 9.99 /box
Nissin Instant Noodles 100gx30 12.99 /box
Quantities and/ or selection of items may be limited and may not be available in all stores. No rain checks or substitutions.
Advertised prices and product selection may vary by store location. T&T Supermarket reserves the right to limit quantities. Descriptions take precedence over photos. Some illustrations in this advertisement do not necessarily represent items on sale, and are for design purposes only. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations.
9am - 9pm (Sat - Thurs)
9am - 10pm (Friday)
Join us on Facebook (Search for T&T Supermarket)
Follow us on Twitter @TTSupermarket
www.TnTsupermarket.com
224 Hunt Club Road, Ottawa, ON. K1V 1C1 613-731-8113

Sometimes the city and the suburbs seem like they're a world apart. NEWSCANADA

Urban or suburban: What kind of life are you looking for?

Lifestyle. Buying a home? Time to decide between city convenience and suburban space

To put it simply, the answer is personal. That's how Ron Abraham, president of the Ontario Real Estate Association, would describe a homebuyer's choice between a home in the city or a suburban neighbourhood.

"Homebuyers might think they know exactly where they want to live until they start looking at their finances or a child comes along or they start a new job," says Abraham. "It's not until you sit down with your Realtor and really go through your list of needs and wants that you realize which living arrangements make the most sense for your lifestyle."

Abraham recommends homebuyers give thought to the following factors and then speak to a real estate agent about their options.

Cost of the home

A suburban house may be a lot less expensive than one of the same size in the city.

On the flip side, a larger suburban home and yard may require more maintenance and generate higher utility bills.

Commuting costs

Buying a home close to work can reduce commuting costs and time, but be sure to consider all the commuting you do in a day.

It can get costly having a car, but so too can relying on public transit.

Personal preferences

Shops, housing and entertainment are clustered closer together in urban areas, but the commotion of urban living isn't for everyone.

Although you might have to drive a distance when visiting a museum or theatre, living in the suburbs provides a quieter environment to return to. NEWS CANADA

Canlok
Stone Inc.
Your Natural Stone Headquarters
CALL NOW FOR AN ESTIMATE ON YOUR DREAM PROJECT!
613-828-7686
• UNILOCK® PAVERS
• NATURAL STONE PRODUCTS
• BOULDERS, DECORATIVE STONE
• PISA RETAINING WALL SYSTEMS
• POLYMERIC SAND
• GRANULAR A, TOPSOIL
• PINE MULCH
• STONE DUST, SAND
• STONE CUTTING
Find us on facebook
Unilock Authorized Dealer
VISIT OUR INDOOR SHOWROOM AND OUTDOOR DISPLAY AT
950 MOODIE DRIVE
2 KMS SOUTH OF HUNT CLUB ROAD • canlok.com

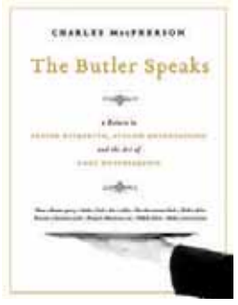
Thrill your style-conscious butler

As a fan of Downton Abbey, I have fallen in love with those larger-than-life homes portrayed on the show. I may not ever get to live in one, but one can dream, can't he? But since I got a hold of The Butler Speaks (by Charles MacPherson, Random House) I've also taken on a whole new appreciation for the folks that live in the lower level of those big mansions. Knowing how to domestically survive in today's busy world is one of the most important things we can achieve. A well-run household (no matter how big or small) ensures a clean, orderly and, ultimately, stylish space. Here are a few basics to turn you into the perfect home butler. I think Charles The Butler would agree.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The Butler Speaks

This is everything you never paid attention to while living at home: stylish entertaining, etiquette and the art of good housekeeping. Read this book and you will become the chicest domestic expert around. Written by Canada's domestic authority and world renown butler, Charles MacPherson. $30, randomhouse.ca



Steam perfect

From tablecloths to cotton shirts, a compact steamer will keep most fabric items around the house looking smooth. Every stylish walk-in has one, so why shouldn't you? Rowenta Pro Compact Steamer, $70, sears.ca

Suck it up and get cleaning

This vacuum may be small, but it has the performance of a full-size machine, and is perfect for small spaces that still need a good cleaning once in a while. Its two-tier cyclone system helps to capture microscopic dust, mold and spores for the perfectly clean home. Dyson's DC51 Animal Upright, $550, futureshop.ca

Tray chic in bed

Wanna serve breakfast in bed? Then do it right with a sturdy-handled tray made of renewable bamboo. Its folding legs make it convenient for storage. Natural Living Bamboo Breakfast Tray, $25, sears.ca

Table protection

Perfect for use under your favourite tablecloth. It's made of heavy-weight vinyl to keep your dining table's surface top safe from heat and scratches. Hotel Deluxe Vinyl Table Pad, $20 to $45, bedbathand beyond.ca

Silver glove service

Made of heavy-gage terry and treated with tarnish preventative, this glove makes polishing precious metals a breeze. Grannies' treasures never looked so good in such little time. Hagerty Silver Cleaning Gloves, $20/pair, hagertycanada.ca

METRO CUSTOM PUBLISHING

THE REAL ESTATE EDGE
BY MARNIE BENNETT

FIRST THINGS FIRST: TO OWN OR NOT TO OWN?

For some first-time homebuyers, the decision comes easily. For others, the decision requires careful consideration. You may have concerns about financial obligations, the responsibility of upkeep or being tied down. Or perhaps, like some of my clients, you've been renting for 10 years, and dread the thought of writing yet another cheque to help pay off the landlord's mortgage – but you're worried about biting off more than you can chew.

I would encourage the fence-sitters among you to consider two over-arching questions. Firstly, how strongly do you feel about owning your own home? While it's possible to live perfectly well while renting a good space, many of us find that home ownership is important to our sense of comfort, security, financial independence and identity.

Certainly, there's also a sense of satisfaction in watching your home equity (that is, the amount of the home that you own outright) increase with every mortgage payment. As a solid investment, a home is hard to beat: how many investments provide shelter and comfort to the investor up until the time of sale? Finally, there's the big payoff – ultimately, you will own your home outright, and monthly payments will be a distant memory. That's a luxury that renters simply don't have.

This brings us to the second, more crucial question: can you afford it? Remember, your first home needn't be a palace. Assuming that you're steadily employed, and don't plan to move again shortly, the purchase of a modest home or condominium is nearly always a smart move: you may even find mortgage payments surprisingly affordable when set next to your rent.

With mortgage rates at an all-time low and the opportunity to buy with only 1% down, becoming a homeowner is available for everyone! Kiss your landlord goodbye and build your wealth today.

Learn how to BUY with only 1% down!
Don't Rent When You Can Own – Kiss Your Landlord Goodbye
Visit **www.ottawarealestateedge.com**

BENNETT PROPERTY SHOP REALTY

Marnie Bennett, broker, marketing director for Bennett Property Shop Realty, a full premium service real estate brokerage specializing in marketing and selling new and resale homes, condominiums and investment real estate.
OTTAWAREALESTATEEDGE.COM

KITCHEN AND BATHROOM ENERGY SAVING TIPS

THINKSTOCK

Here are ways you can save money by making your kitchen and bathroom energy efficient. However if you are renting, get permission from the building management or owner before carrying out any renovation measures.

EXHAUST FANS

Clean the housing and grill covering of bathroom fans and range hoods and the range hood filters. Where accessible, make sure the fan blades are also clean and dust free. If your exhaust fans duct directly through the exterior wall of your apartment (rather than through a rooftop fan) and you can easily see and safely access it from your balcony, ensure that the exterior hoods are clear and the dampers close fully when the fans are off and open fully when the fans are running. If a damper does not move freely, it may restrict airflow, causing the fan to run longer and use more energy to properly ventilate the bathroom or kitchen. Contact your building manager if repairs are required. A clean and properly functioning ventilation system will do its job more efficiently.

Use a timer for the bathroom exhaust fan to ensure that the fan runs long enough to remove moisture and odours but is not left on to needlessly exhaust heated indoor air. The timer should be installed by a contractor.

For an exhaust fan in the bathroom, remove the ceiling grill and caulk or seal the gap between the fan and surrounding ceiling area with foil duct tape. The sealed joint will be hidden when you replace the grill. If you have an exhaust grill connected to a central exhaust system in your bathroom, it may be possible to remove the grill and seal the exhaust duct to the surrounding wall. Otherwise, seal the gap between the grill and the wall with paintable caulking.

Caulk a bathtub and its surrounding enclosure to adjacent wall and ceiling areas with paintable, mold-resistant caulking.

FIX LEAKY FAUCETS AND TOILETS

Leaky faucets waste water. If your faucet drips at a rate of one drop per second, you can expect to waste up to 200 L (44 gal.) of water per week.

A leaky faucet is easy to spot, but a leaky toilet can be more difficult to identify. One way to spot a problem is to place a few drops of food colouring in the water storage tank.

Let the toilet sit for at least half an hour and then check the colour of the water in the bowl. If the water in your bowl has become tinted with the colour, the toilet's flapper valve may need to be replaced. Make sure you flush the coloured water down the drain to avoid colouring your tank and bowl.

If you have a leaky faucet or toilet, you may be able to repair it yourself by purchasing a replacement flapper that is compatible with the make and model of your toilet. Don't substitute with non-compatible flappers as they may leak. Alternatively, you can hire a plumber or ask your building manager to make the repair.

INSTALL LOW-FLOW SHOWERHEADS

Low-flow showerheads (9.5 L/minute or less) and faucet aerators reduce the amount of water flowing through these fixtures while maintaining acceptable water pressure. Users feel that they are receiving the same amount of water while the devices actually conserve water and save money. On-Off valves can also be installed at the showerhead to allow you to easily shut off the water while you are using soap or shampoo. This saves water, energy and soap. In some cases, a knowledgeable do-it-yourselfer can install these devices. Not only do these devices save water, they save energy when they help reduce the amount of hot water you use. — CMHC

See our Furnished Model Suite
St.Laurent on the Parc
Located on 5 acres of beautiful grounds, comfortable suites featuring a host of amenities and free on-site programs.
TWO MONTHS FREE RENT on select suites. Some conditions apply.
Spacious 2 bedrooms from $1075/month
Spacious 3 bedrooms from $1195/month
Heat, hydro & water included.
RATES SUBJECT TO CHANGE WITHOUT NOTICE
Call 613-744-0283
Monday to Friday 9 am - 7 pm
Saturday 10 am - 4 pm
Sunday by appointment
Visit our rental office today at 1240 Donald St.
StLaurentOnTheParc.com
GREENWIN

NHL

Karlsson to join team on trip to D.C.

Ottawa Senators head coach Paul MacLean said defenceman Erik Karlsson will join the team on its trip to Washington but no decision has been made on when he might return to action.

The star blue-liner has been out of the lineup since suffering a serious injury to his Achilles tendon on Feb. 13.

Karlsson was expected to miss the rest of the season following surgery to repair the tendon, which was sliced by a skate during a game. However, the defending Norris Trophy winner recently returned to practice and was back with regular defence partner Marc Methot for Wednesday's skate.

Erik Karlsson
GETTY IMAGES FILE

"I think he's closer," MacLean said when asked if Karlsson would play Thursday against the Capitals. "But I don't know if — there's always a chance, yes. But at this point he practised in a regular turn today so that's another step in the process and we'll see where it goes tomorrow."

Karlsson led NHL defencemen in goals (19) and points (78) last season and had 10 points in 14 games this season before the injury.

Entering Wednesday's games, the Sens were tied with the New York Rangers for seventh place in the Eastern Conference. Both teams have 52 points, one more than the Winnipeg Jets. THE CANADIAN PRESS

Grind of rocky year getting to the Sens

THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

Like a thrill ride at a theme park, this Ottawa Senators season should have been stamped with a warning about risk to those with heart conditions.

The club's topsy-turvy campaign and drive for a playoff berth has been hard on fans' nerves and, despite the late hour, isn't over yet. Mercifully, it's not flat-out panic mode, it's more like dry mouth and sweaty palms time. Why has it come down to the wire when things looked so promising?

While coach Paul MacLean has refused to use the club's lengthy list of injuries as an excuse, it is definitely a root cause. Players such as Sergei Gonchar and Kyle Turris have been thrust into taking larger roles. The increased ice time has begun to show in their play of late.

At 39, Gonchar leads all Senators not named Erik Karlsson in ice time, averaging 23:52 per game. Gonchar has three assists in his past 13 games. In 10 games prior, he had 15 points. Turris is averaging 19:37 minutes as the No. 1 centre, which is 2:25 more than last season.

The Senators are also a rookie-laden team, dressing as many as five youngsters on a nightly basis. While they have played beyond expectations, fatigue from a grind to which they're unaccustomed may be setting in. That's especially true for Jakob Silfverberg and Mika Zibanejad, newcomers to North America thrown into a schedule that had them playing 48 games in 99 days.

Of course, it may just be that the law of averages has finally caught up with the offence-challenged Senators. The club nets only 2.33 goals per game, third worst in the league. Goalie Craig Anderson bailed the team out from certain demise repeatedly earlier in the season. But while Anderson has played adequately since returning from injury, he is clearly not 100 per cent.

Despite the recent Sens blip, a Jets loss to Washington Tuesday somewhat soothed the nerves of the faithful. It also gives the Senators some wiggle room, having to muster only one victory in their final three matches to clinch. They can also back into the postseason with a Winnipeg loss to Montreal Thursday.

The Senators want to close out as the sixth seed, setting up a matchup with the Capitals. And with the imminent return of their Norris trophy-winner Karlsson, fans may get their wish.

Kyle Turris has taken on the No.1 centre role for the Senators, which has him playing 2:25 more per game than last season. The increased ice time has begun to show in his play. GETTY IMAGES FILE

Andy not totally dandy?

While Anderson has played adequately since returning from injury, he is clearly not 100 per cent.

4 SPORTS

Ottawa Sport Plus

REGISTRATION: ONLINE ONLY
www.ottawasportplus.com
For more information:
613-220-2266

Summer Adult Coed
Beach & Grass Volleyball
RECREATIONAL TO COMPETITIVE LEVELS
LEAGUES START LATE MAY AND RUN THROUGH UNTIL END OF AUGUST 2013
CHOOSE FROM MONDAY TO THURSDAY NIGHT PLAY
JOIN AS A TEAM OR INDIVIDUAL

Blue Jays avoid sweep in Baltimore

Blue Jays catcher J.P. Arencibia is met in the dugout after hitting a two-run home run in the second inning against the Baltimore Orioles at Camden Yards on Wednesday. The longball was Arencibia's eighth, tops in the American League as of Wednesday afternoon. PATRICK SMITH/GETTY IMAGES

Extra innings. Blue Jays score winning run in 11th after Johnson fails to find the strike zone

On Wednesday

Blue Jays	Orioles
6	5

The Toronto Blue Jays bashed four home runs, then scored the decisive run without taking a swing.

Jim Johnson walked Maicer Izturis with the bases loaded in the 11th inning, and the Blue Jays beat the Orioles 6-5 Wednesday to avert a three-game sweep and end Baltimore's run of consecutive extra-inning victories at 17.

"It would have been a tough game to lose. It was a big game to win," said Toronto manager John Gibbons, who was ejected in the ninth inning after his team blew a 5-2 lead in the seventh.

With two outs in the 11th, J.P. Arencibia and Munenori Kawasaki singled before Johnson (1-2) hit Brett Lawrie with a pitch and issued a four-pitch walk to Izturis, the No. 9 hitter in the lineup.

"I just had a hard time throwing a strike," Johnson said. "Kind of lost feel, and obviously that's a terrible way to lose a game."

Izturis said, "I just tried to look for a pitch and drive it up the middle. But he threw high fastballs, so on 2-0 I tried to be patient and make him throw strikes."

That didn't happen, and the last-place Blue Jays got out of town with a much-needed win.

"When you are struggling as a team and you have a lead and it evaporates, it's hard," Gibbons said. "We haven't played great baseball, but we haven't been swept."

One night earlier, the Orioles won their 100th consecutive game when leading after the seventh inning. In this one, their streak of extra-inning wins — 16 of which came last year — came crashing to a halt. It was the longest run since the Pittsburgh Pirates won 21 straight in 1959-60.

"It's not something I dwell on," Orioles manager Buck Showalter said. "I know our guys don't. But I understand how it's noteworthy."

Esmil Rogers (1-1) pitched the 10th and Casey Janssen got three straight outs for his sixth save.

Toronto starter Brandon Morrow took a two-hitter and a 5-2 lead into the seventh, but the right-hander failed in his bid to earn his first win of the season. Morrow gave up three earned runs and three hits — all of them doubles — in 6 1/3 innings.

Gibbons didn't go the distance, either. He received his first ejection of the year after resuming an argument started by Lawrie over a called third strike. THE ASSOCIATED PRESS

Premier League

Suarez suspended for biting incident

Liverpool striker Luis Suarez was handed a 10-match ban on Wednesday for biting an opponent during a Premier League game, one of the most severe sanctions meted out by English football for on-pitch misbehaviour.

A disciplinary panel ruled that a regular three-match ban for violent conduct was "clearly insufficient" and added seven games to the suspension, which rules Suarez out for the rest of the campaign and for the first six matches of next season.

Liverpool managing director Ian Ayre said Suarez and the club were "shocked and disappointed" at the punishment, which came after the latest transgression in the Uruguay international's turbulent career.

Suarez has until Friday to appeal against the extra seven games added to his sanction. If he fails in any appeal, Suarez likely won't play another game for Liverpool until September.

THE ASSOCIATED PRESS

Grizzly defence. Gasol named the NBA's top defensive player

Grizzlies centre Marc Gasol insists he isn't being charitable when he credits his teammates for winning his first NBA Defensive Player of the Year award. Playing great defence is just what they do in Memphis.

He said Wednesday that he believes the entire team has been recognized for how the Grizzlies play defence, crediting guards Tony Allen and Mike Conley for having a big share of the award with him.

"It's a team game, and there's no way around it. That's how we play basketball," Gasol said. "We play as a unit, and defensively, you need five guys to play. One of us is not playing defence, we cannot do it. We play as a team. It actually feels much better when we do it like that. You create something bigger than yourself. It's not just about you."

Gasol anchored that defence, and he received 212 points and 30 first-place votes to edge Miami's LeBron James, who had 149 points and 18 first-place votes. Gasol appeared on only 60 of the 121 ballots cast, with James on 47 ballots despite his 129 steals and 67 blocked shots.

Grizzlies centre Marc Gasol won the Defensive Player of the Year Award on Wednesday. JONATHAN DANIEL/GETTY IMAGES

The seven-foot-one Spaniard became the first European to win the award, though just the latest big man following Tyson Chandler of New York last year and Dwight Howard three straight seasons before that. Gasol called being the first European to win this award an honour.

Gasol averaged 1.7 blocks and 1.0 steals for a Memphis defence that allowed a league-best 88.7 points per game.

THE ASSOCIATED PRESS

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7 series)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)

(Miami leads 2-0)
Tuesday's result
Miami 98 Milwaukee 86
Thursday's game
Miami at Milwaukee, 7 p.m.

NEW YORK (2) VS BOSTON (7)

(New York leads 2-0)
Tuesday's result
New York 87 Boston 71
Friday's game
New York at Boston, 8 p.m.

INDIANA (3) VS ATLANTA (6)

(Indiana leads 1-0)
Wednesday's result
Atlanta at Indiana

BROOKLYN (4) VS CHICAGO (5)

(Series tied 1-1)
Thursday's game
Brooklyn at Chicago, 8:30 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (8)

(Oklahoma City leads 1-0)
Wednesday's result
Houston at Oklahoma City

SAN ANTONIO (1) VS L.A. LAKERS (7)

(San Antonio leads 1-0)
Wednesday's result
L.A. Lakers at San Antonio

DENVER (3) VS GOLDEN STATE (6)

(Series tied 1-1)
Tuesday's result
Golden State 131 Denver 117
Friday's game
Denver at Golden State, 10:30 p.m.

L.A. CLIPPERS (4) VS MEMPHIS (5)

(L.A. leads 2-0)
Thursday's game
L.A. Clippers at Memphis, 9:30 p.m.

NHL

EASTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
dx-Pittsburgh	46	35	11	0	0	155	113	70
dx-Boston	45	27	13	2	3	125	102	59
dx-Washington	46	26	18	2	0	145	126	54
x-Montreal	46	27	14	3	2	141	123	59
x-Toronto	45	25	15	0	5	138	124	55
x-NY Islanders	46	24	16	4	2	137	135	54
Ottawa	45	23	16	2	4	109	99	52
NY Rangers	46	24	18	0	4	122	109	52
Winnipeg	47	24	20	0	3	126	140	51
New Jersey	46	18	18	3	7	109	123	46
Buffalo	47	20	21	2	4	123	142	46
Philadelphia	46	21	22	1	2	129	139	45
Carolina	46	19	24	2	1	122	148	41
Tampa Bay	45	17	24	1	3	140	141	38
Florida	46	14	26	5	1	107	164	34

WESTERN CONFERENCE

	GP	W	L	OL	SL	GF	GA	Pt
dx-Chicago	45	34	6	0	5	147	97	73
dx-Anaheim	46	29	11	3	3	134	112	64
dx-Vancouver	46	26	13	1	6	124	111	59
x-Los Angeles	46	26	15	1	4	129	113	57
x-San Jose	46	25	14	3	4	121	111	57
x-St. Louis	46	27	17	1	1	122	113	56
Minnesota	46	25	18	1	2	118	120	53
Columbus	46	22	17	3	4	114	117	51
Detroit	45	21	16	3	5	113	112	50
Dallas	46	22	20	3	1	129	136	48
Phoenix	45	19	18	3	5	114	122	46
Calgary	46	19	23	1	3	126	153	42
Edmonton	45	17	21	4	3	111	127	41
Nashville	46	16	21	3	6	108	131	41
Colorado	46	15	24	5	2	110	145	37

x - clinched playoff berth; y - division; z - conference.

Wednesday's results
Toronto at Tampa Bay
Los Angeles at Detroit
Chicago at Edmonton
San Jose at Phoenix
Thursday's games
All times Eastern
Ottawa at Washington, 7 p.m.
NY Rangers at Carolina, 7 p.m.
NY Islanders at Philadelphia, 7 p.m.
Toronto at Florida, 7:30 p.m.
Pittsburgh at New Jersey, 7:30 p.m.
Nashville at Detroit, 7:30 p.m.
Tampa Bay at Boston, 7:30 p.m.
Montreal at Winnipeg, 8 p.m.
Calgary at St. Louis, 8 p.m.
Columbus at Dallas, 8:30 p.m.
Anaheim at Vancouver, 10 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	14	7	.667	—
New York	11	8	.579	2
Baltimore	12	9	.571	2
Tampa Bay	9	11	.450	4½
Toronto	**9**	**13**	**.409**	**5½**

CENTRAL DIVISION

	W	L	Pct	GB
Kansas City	10	7	.588	—
Minnesota	9	8	.529	1
Detroit	9	9	.500	1½
Cleveland	8	11	.421	3
Chicago	8	12	.400	3½

WEST DIVISION

	W	L	Pct	GB
Texas	13	7	.650	—
Oakland	13	9	.591	1
Los Angeles	8	11	.421	4½
Seattle	8	15	.348	6½
Houston	7	14	.333	6½

Wednesday's results
Toronto 6 Baltimore 5 (11 inn.)
Chicago White Sox 3 Cleveland 2
Houston 10 Seattle 3
Boston 6 Oakland 5
Kansas City at Detroit
N.Y. Yankees at Tampa Bay
Texas at L.A. Angels
Tuesday's results
Baltimore 4 **Toronto 3**
Oakland 13 Boston 0 (7 inn.)
Minnesota 4-5 Miami 3-8
Houston 3 Seattle 2
L.A. Angels 5 Texas 4 (11 inn.)
N.Y. Yankees 4 Tampa Bay 3
Cleveland at Chicago White Sox, ppd.
Kansas City at Detroit, ppd.

NATIONAL LEAGUE

Wednesday's results
Cincinnati 1 Chicago Cubs 0
St. Louis 4 Washington 2
Arizona 3 San Francisco 2 (10 inn.)
Colorado 6 Atlanta 5 (12 inn.)
Pittsburgh at Philadelphia
L.A. Dodgers at N.Y. Mets
Milwaukee at San Diego

Horoscopes

♈ Aries
March 21 - April 20
You won't miss a thing that goes on today and every piece of information will be filed away for future use. Knowledge is power and you can never have too much of it. You won't abuse it though, right?

♉ Taurus
April 21 - May 21
You may not know what you have done to deserve so much good fortune but you would be a fool not to make use of it. Someone will try to make you feel guilty about it today. Don't let them.

♊ Gemini
May 22 - June 21
Resist the urge to point out others' faults and failings today. Keep your opinions to yourself and keep facts and figures that could cause relationship problems to yourself as well.

♋ Cancer
June 22 - July 23
You may wish you were some place else than where you are right now but you can still have a lot of fun. Make an effort to enjoy yourself over the next 24 hours — and bring joy to other people as well.

♌ Leo
July 24 - Aug. 23
What you discover about a loved one today may come as a bit of a shock but the signs have been there for ages. You may not agree with what they are doing but give them your support anyway.

♍ Virgo
Aug. 24 - Sept. 23
There is no point clinging to an outdated way of doing things and if you think you can, the lunar eclipse will make things tough for you.

♎ Libra
Sept. 24 - Oct. 23
If you want people to support what you are going to be doing then you must explain to them, in as simple language as possible, what it's all about.

♏ Scorpio
Oct. 24 - Nov. 22
Today's lunar eclipse in your sign could cause a bit of trouble, but only if you allow your emotions to carry you away. Whatever happens, be it "good" or be it "bad", treat it all as part of the game.

♐ Sagittarius
Nov. 23 - Dec. 21
It's not like you to let fear hold you back but for some reason unable to move forward or back. This troubling phase will pass. You'll soon be back to your cheerful self.

♑ Capricorn
Dec. 22 - Jan. 20
Friendships are under good stars at the moment but there is a danger today that a small misunderstanding could grow into something much bigger. Whatever you see or hear, don't take it too seriously.

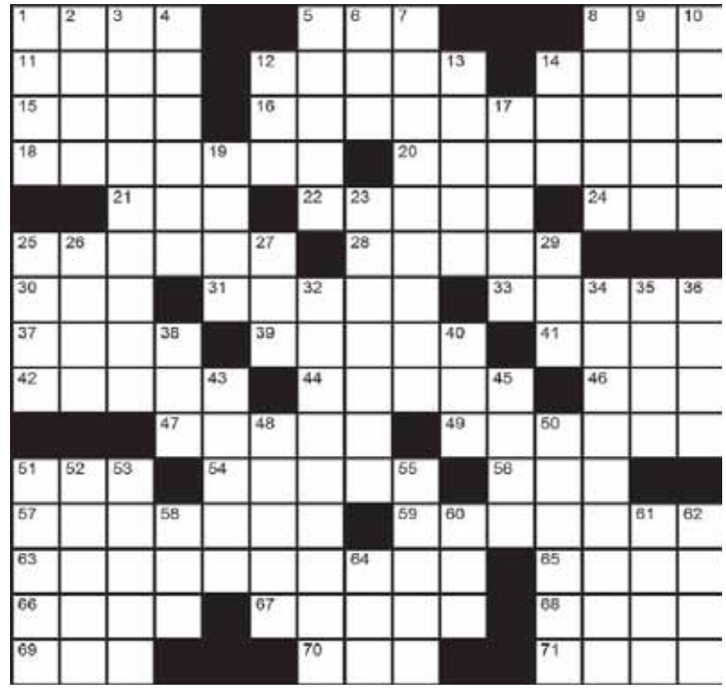
♒ Aquarius
Jan. 21 - Feb. 19
Today's rather intense cosmic activity means the changes now taking place may not be entirely to your liking. That's too bad. You won't be able to change them back, so why not just go along for the ride?

♓ Pisces
Feb. 20 - March 20
There is so much information coming your way now that it threatens to drown you in facts and figures that all point in different directions. Follow your instincts. They're seldom wrong. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

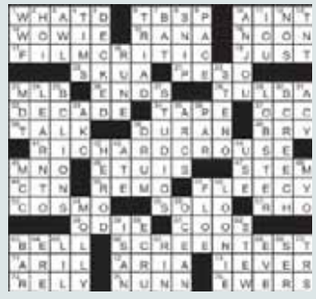
BY KELLY ANN BUCHANAN



Across
1. Experiment-conducting spots
5. Jam container
8. __ Jones
11. Wings, to Nero
12. Belonging to Italy's capital
14. "...__ _ ring on it." - Beyonce
15. Assist
16. "I Will Give You Everything" band
18. Say again
20. Edmonton-born politician Mr. Manning
21. Summer mo.
22. Rent again
24. 'Comp' completer (Be 'green')
25. Gymnastics 'Horse'
28. "Quo __?" (Latin: Where are you going?)
30. Television alien
31. Mr. Studdard
33. Shore sights
37. "_ __ it!" (Yay me!)
39. Remedies
41. Dorothy's dog
42. Mr. Hough, pro dancer on "Dancing with the Stars"
44. Heads: French
46. "Platoon" (1986) war, for short
47. "The __ of Life"
49. The Arctic __
51. "What __ _, chopped liver?"
54. W. __ Wilson (Canadian entrepreneur who is part owner of the NHL's Nashville Predators)
56. Sixth music syllable, variantly
57. Paint coating
59. Quaker product
63. North __ (Birthplace of #54-Across)
65. __-dieu (Furniture piece for praying)
66. X-Men character, __ the Untouchable
67. Butterfingers
68. Earth goddess in Richard Wagner's opera Das Rheingold
69. Docs
70. Calendar spans [abbr.]
71. Pair

Down
1. Bert of "The Wizard of Oz" (1939)
2. Sailing side
3. Provincial tree of New Brunswick: 2 wds.
4. Deviated __ (Nose problem)
5. Batman foe, The __
6. Songstress Ms. Grant
7. Mars, The __: 2 wds.
8. "__ unforeseen circumstances...": 2 wds.
9. Others: Spanish
10. "That __ so bad afterall."
12. Alphabet trio
13. Begot
14. Some movie ratings
17. Comprehend: 2 wds.
19. New-__
23. Highest mount
25. Taken-care-of bill
26. Word with Ye
27. Director, Jean-__ Godard
29. Use a chair
32. Monarch __
34. Canadian hockey commentator: 2 wds.
35. And others, briefly: 2 wds.
36. A few
38. Rapper, Mos __
40. Dry, as wine
43. Afghanistan capital
45. Sediment
48. Fish __ Provincial Park, AB
50. __ up (Made stronger)
51. Beatles' White __
52. __ __ Pa (Some parents)
53. Rhythmical stress
55. Wrongdoings, in law
58. Liq. amounts
60. Woodworking tool [var. sp.]
61. Egypt-themed opera
62. Starring role
64. Particular pronoun

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3	7	9		4		
		6						5
1			5			9	6	
	3	4		6	5			
			1	2		3	8	
	9	7			3			8
8						2		
		1		8	4	5		

Yesterday's Sudoku

1	6	9	4	2	7	5	3	8
2	4	5	3	8	9	6	7	1
3	7	8	1	5	6	9	2	4
6	5	3	2	7	1	8	4	9
8	2	1	9	4	5	7	6	3
4	9	7	8	6	3	2	1	5
9	8	4	6	3	2	1	5	7
5	1	2	7	9	4	3	8	6
7	3	6	5	1	8	4	9	2

Today
11°/3°
Partly cloudy

Friday
13°/4°
Sunny

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

How do I become a Dentist ?
Explore what you want to be and how to get there.
Visit CareerBear.com to learn more

Montreal/Los Angele rk/Tokyo/Paris/Milan/
Berlin/Miami/Barce a/Zurich/Chicago/Köln/
Jerusalem/Seoul/At kfurt/Stockholm/Beverly
Hills/Mexico City/Dall ch/Nashville/Hamburg/
New Orleans/Sydney/ Beijing/Glasgow/Texas/
Amsterdam/Rome/La Toronto/San Francisco/
Fukuoka/Boulder/Tel nnati/Antwerp/Seattle/
Stuttgart/Huntingto ooklyn/Tempe/Osaka/
Brighton/Philadelph harlotte/Winnipeg/
Cleveland/Eugene/ yeonggi-do/Madrid/
Annapolis/Daegu C ittsburgh/Heidelberg/
Gainesville/Baltimo Hoboken/Portland/
Melbourne/Kansas V uver/Dusseldorf/East
Lansing/Edmonton/ to t Lake City/Shanghai/

Meet Alex.

She's a half German, half Greek ballet dancer and dog lover from a small farm town in Minnesota. A few years ago she moved to Los Angeles with her mother, Lois and two rescued Chihuahuas, Eddie and Sid. She's obsessed with pasta, loves music and dreams of a career in documentary film. Not only does she model for American Apparel, but she has also helped out at some of our Tradeshows, and here at American Apparel we're proud to have such a compassionate person representing our company's persona.

Retail Location:

Ottawa—Rideau Centre
Rideau Centre Mall
Tel. (613) 237-2297

American Apparel® is Cities.

Canadian Inspired
Made in USA—Sweatshop Free
Operated by Dov Charney